

# Camping

## Grand Prior's Award Scheme - Updated Nov 2015

Camping provides a fun, healthy and challenging activity that equips cadets with the knowledge and skills to appreciate the outdoors within their limits. This badge is largely based in a practical camping environment where cadets have immediate opportunities to apply the knowledge and skills they learn. This badge also encourages working as a team, leading a group and the safe attitudes and behaviours required to survive in the outdoors.

### Specific Skills

- Teamwork and leadership
- Precautions (planning ahead, equipment, safety guidelines..)
- Actions in a variety of situations (getting lost, crossing streams, outdoor first aid..)

### Cross Curricular Links

- Accident Prevention
- Environment
- Fire Safety
- Leadership
- Ventureship

### First Aid Integration

- Outdoor first aid
- Environmental conditions
- Improvisation when isolated from immediate medical assistance

### Safety Considerations

- All policies from the St John Child and Youth Protection Policy including leader ratios, outdoor activity application forms and risk management must be followed at all times. It is strongly recommended to have qualified and experienced personnel during practical activities in the outdoors.
- Due to the associated risks with outdoor activities, leaders should not be discouraged from providing experiences for cadets to participate actively through camping. These experiences are very beneficial in building confidence and positive attitudes.

### Gold Level Assessors

- Members of Search and Rescue
- Members of the Mountain Safety Council
- Experts or people with substantial experience in camping in the outdoors

Reviewed by: Bruce Vincent and Kevin Simpkin



# Camping Badge Objectives

Green Level		<i>cadets will be able to...</i>
<p><b>The Basic Campsite</b></p> <p>Finding a campsite, setting up a tent, camping overnight and helping out with meals under guided supervision</p>	<ul style="list-style-type: none"> <li>• Demonstrate how to set up a campsite safely (location, laying out gear, erecting a tent, arranging toilet facilities..)</li> <li>• Safely assist with camp cooking and preparation</li> <li>• Attend a tented camp for a minimum of one night</li> </ul>	
<p><b>Safe Camping</b></p> <p>Preparation, thinking ahead, identifying hazards, how to avoid getting lost and what to do if this occurs</p>	<ul style="list-style-type: none"> <li>• Identify a range of hazards when camping and how to avoid or prepare for them</li> <li>• Make an instruction sheet on how to avoid getting lost and what actions to take should you get lost</li> </ul>	
<p><b>Being Prepared</b></p> <p>Selecting what to pack and being prepared for an overnight stay</p>	<ul style="list-style-type: none"> <li>• Pack appropriate equipment for one night (essential clothing, tent, sleeping gear, food, water..)</li> <li>• Demonstrate how to store and protect different types of food while camping (perishables, fluids..)</li> </ul>	
Blue Level		<i>cadets will be able to...</i>
<p><b>Camping Out</b></p> <p>Camping out for an extended period of time and cooking meals safely using a variety of tools and equipment. Identify safe surroundings/areas for camping out and cooking</p>	<ul style="list-style-type: none"> <li>• Prepare and build a camp fire. Only light if appropriate consents gained.</li> <li>• Cook a meal on suitable cooking medium (camp stove, gas cooker, open fire etc)</li> <li>• Attend a tented camp for a minimum of two nights and perform tasks in small teams (putting up tents, cooking..)</li> </ul>	
<p><b>Travelling in the Bush</b></p> <p>Rules when travelling in the bush and how to reach your campsite (map reading, orienteering..)</p>	<ul style="list-style-type: none"> <li>• Demonstrate how to travel safely in the bush (preparation, log keeping, footwear, river crossing..)</li> <li>• Demonstrate how to read a map and understand the various features (key, isometric lines, longitude, latitude..)</li> <li>• Demonstrate the use of a compass / GPS. Identify North without aid of Compass and GPS.</li> </ul>	
<p><b>Camp Necessities</b></p> <p>Purifying and storing water, preparing a menu and packing the equipment required to cook food</p>	<ul style="list-style-type: none"> <li>• Explain a method of purifying water and storing different water sources (drinking, washing, toilet..), and methods of collecting water</li> <li>• Prepare a menu for a stay of two nights (considering weight, utensils, storage..)</li> </ul>	
Gold Level		<i>cadets will be able to...</i>
<p><b>Emergency Situations</b></p> <p>Managing hazards, dealing with emergency situations and outdoor first aid</p>	<ul style="list-style-type: none"> <li>• Practice Bushcraft first aid and transport a patient over a given distance</li> <li>• Predict hazards of different environments and demonstrate how to treat an environmental condition (hypothermia..)</li> <li>• Demonstate how to set up an emergency shelter or bivouac</li> <li>• Prepare and build an emergency shelter. If safe to do so, spend the night in the shelter</li> <li>• Understand techniques on calling for help and identifying location</li> </ul>	
<p><b>Leading a Group</b></p> <p>Advance map reading and competently leading or instructing the green and blue level camping badge</p>	<ul style="list-style-type: none"> <li>• Assist the instruction and supervision of a group performing the activities listed in green and blue level camping</li> <li>• Use maps and compass reading to lead a group</li> <li>• Recall and follow the country code for trampers</li> </ul>	
<p><b>Preparing a Group</b></p> <p>The planning and preparation considerations required before setting out on a camp</p>	<ul style="list-style-type: none"> <li>• Select appropriate and nutritious food for a group camping out for a minimum of two nights</li> <li>• Select appropriate clothing and camping gear for different environments (bush, mountain, seashore..)</li> </ul>	

# Suggested Delivery

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	TENTED CAMP (1 NIGHT)	WEEK FIVE		
<b>GREEN</b>								
Instruction	<b>Camping Out</b> Choosing the best campsite and hazards in the outdoors	<b>Rules for Campers</b> Rules when camping to avoid getting lost or injured	<b>Packing Gear</b> What is needed and how much equipment to take camping	<b>Storage and Hygiene</b> Storing food and finding sanitation and hygiene areas	<b>Putting up Tents</b> Setting up a camp (tents, packs, food, equipment..)	<b>Travelling in Bush</b> Making a day pack and going on a safe journey as a group	<b>Camp First Aid</b> Treating common outdoor injuries with limited supplies	<b>Discussion</b> Group discussion on the tented camp and what was covered
Individual	<b>Setting Goals</b> "What I hope to learn and achieve.."	<b>Instruction Sheet</b> Create sheet on "How to avoid, and what to do if you get lost.."	<b>Checklist</b> Make a short list of equipment needed for their camp		<b>SKILL #1</b> Camping Safely (demonstrated over the entire camp)	<b>SKILL #2</b> Camp Cooking (assisting with cooking and preparation)	<b>SKILL #3</b> Outdoor Hazards (plotting hazards on a map of camp)	<b>Self Evaluation</b> "What I have achieved and where to next.."
<b>BLUE</b>								
Instruction	<b>The Campsite</b> Reviewing green level and establishing a camp (toilet, rubbish..)	<b>Travelling Safely</b> Looking at safety in the bush (clothing, log keeping, footwear..)	<b>Camp Food</b> The considerations when preparing a camp menu	<b>Map Reading</b> Looking at a map of the campsite (key, terrain features..)	<b>River Crossing</b> Practical swim and crossing of rivers / streams safely	<b>Water Purification</b> Purifying water, sources and basic cooking (damper..)	<b>Orienteering</b> Exercises in using a map and locating items around camp	<b>Discussion</b> Group discussion on the tented camp and what was covered
Individual	<b>Setting Goals</b> "What I hope to learn and achieve.."	<b>Fact Sheet</b> Create a fact sheet on how to travel safely in the bush	<b>Camp Menu Task</b> Preparing a menu for a stay of two nights that outlines various considerations (weight, utensils, storage..)		<b>SKILL #1</b> Camping Safely (demonstrated over the entire camp)	<b>SKILL #2</b> Camp Cooking (preparing a full camp meal, using cookers..)	<b>SKILL #3</b> Map Reading (identifying symbols, map co-ordinates..)	<b>Self Evaluation</b> "What I have achieved and where to next.."
<b>GOLD</b>								
Instruction	<b>Green / Blue Recap</b> Recap on concepts from previous levels (campsites, water..)	<b>Nutritious Food</b> Appropriate food for camping (weight, value, cooking..)	<b>Hazards</b> Looking at different environments and potential hazards	<b>Environmental</b> The treatment of various environmental conditions	<b>Instructing Others</b> Coming to camp to take a session for the green or blue level	<b>Advanced Camping</b> Various advanced concepts and survival skills in the bush	<b>Emergencies</b> First aid improvisation and setting up an emergency shelter	<b>Discussion</b> Group discussion on what was covered and submit any tasks
Individual	<b>Setting Goals</b> "What I hope to learn and achieve.."	<b>Camp Menu Task</b> Creating a nutritious menu for a group camping 2 nights	<b>Risk Management</b> Looking at photos of the campsite they will stay overnight, identifying risks and prepare some points on minimising the risks		<b>SKILL #1</b> Leadership (demonstrated over the entire camp)	<b>SKILL #2</b> Camping Safely (cooking, tramping, being prepared..)	<b>SKILL #3</b> Map Reading (plotting routes and compass work)	<b>Self Evaluation</b> "What I have achieved and where to next.."

# Ideas Bank

## Possible Activities

**Note:** These activities can be used for any level so long as difficulty is modified to ensure it is both achievable and challenging.

### Survival Kit Madness

With a variety of materials groups create an outdoor survival kit. Limit the number of items or the weight of the kit to encourage making decisions on what is a higher priority.

### Rescue Mission

A controlled situation in the outdoors where cadets have to demonstrate the skills learnt and working as a team. Ideally this could be improvised with stages such as making a stretcher, using a map to find the patient, treating a fractured leg, and transporting them back to base camp.

### Treasure Map

Activity at division to prepare cadets before going on camp and familiarising them with understanding features and reading maps.

### Creative Outdoor Teambuilding

A variety of tasks related to camping to get cadets out of their comfort zone and provide challenging activities. This could include tasks such as putting up tents with all team members blindfolded and one leader, creating an object out of limited resources (raft, tower, stretcher, shelter, rotisserie..), or making and eating their lunch as a team with their hands tied together! These are useful for building leadership, communication, trust and improvisation in a group of cadets.

### Risky Situations

Provide scenarios of how to survive in a variety of environments such as the bush, on the coast and in the mountains of New Zealand. This could be through discussions, or scenarios in which cadets demonstrate the various survival skills required.

## St John Resources Available

- St John Youth Website
- Badge information cards and book inserts
- Resource packs and assessment sheets
- Regional and District Assessors Lists

## Outside Sources

### Venues

Camps with local attractions for cadets to fully experience the outdoors (tracks, rivers..)

### People / Organisations

- Scouting New Zealand
- Department of Conservation
- Mountain Safety Council
- Search and Rescue
- New Zealand Apline Club
- Local tramping and walking clubs

## Potential Resources

### Websites

- [www.mountainsafety.org.nz](http://www.mountainsafety.org.nz)
- [www.ultimatecampresource.com](http://www.ultimatecampresource.com)
- [www.nzcamping.co.nz](http://www.nzcamping.co.nz)
- [www.eonz.org.nz/resources](http://www.eonz.org.nz/resources)
- [www.nzlsar.org.nz](http://www.nzlsar.org.nz)
- [www.doc.govt.nz](http://www.doc.govt.nz)
- [www.tramper.co.nz](http://www.tramper.co.nz)
- [www.animatedknots.com](http://www.animatedknots.com)
- [www.tki.org.nz/r/hot\\_topics/camp\\_e.php](http://www.tki.org.nz/r/hot_topics/camp_e.php)

### Resource Packs

There are a range of resources available from the New Zealand Mountain Safety Council.

- Manuals, pamphlets, book lists, electronic media, videos and DVDs.
- [www.mountainsafety.org.nz/resources](http://www.mountainsafety.org.nz/resources)

### Books

- Many survival books can assist instruction
- with valuable information and diagrams.

**Note:** all 'Idea Banks' are updated regularly on the St John Youth Website. Please assist other leaders by sharing your great ideas!