



Published by The National Council Boy Scouts Of Canada, Ottawa 1962

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Editor's Note:

The reader is reminded that these texts have been written a long time ago. Consequently, they may use some terms or express sentiments which were current at the time, regardless of what we may think of them at the beginning of the 21st century. For reasons of historical accuracy they have been preserved in their original form.

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Special Notice

Scouters must obtain, acquaint themselves, and comply with camping regulations laid down by the public health authorities in their province and municipality. Contact your local Scout Office for details.

The Scouter's Camping Guide



I.

BEFORE CAMP

1. Training. – A *Scouter* should not run a camp until he has had some form of training; this may be by taking part in a well-run camp under an experienced Scouter, or by attending a Camping Specialization Training Course, Wood Badge Part II Course or a Basic Training Part B Course. Such training must be supplemented by reading, by talking over experiences with other Scouters, and by attending any local conferences on camping that are held.

Scouts also need some training before camping. This should begin as soon as possible. The first aid, fire lighting and cooking requirements for Second Class make a beginning that must be followed up. During the winter months the following subjects should be included in the Scout work: – cooking, bedmaking, pitching and striking tents, care of tents, proper use and care of axes and knives, sanitation, health in camp, personal gear and how to look after it. **TOO MUCH EMPHASIS CANNOT BE LAID ON THE IMPORTANCE OF THIS PRELIMINARY TRAINING.**

2. Progressive Training. – When the elements mentioned in the last paragraph have been mastered, a beginning can be made with actual camping. First a Patrol Leaders' Camp for a week-end with the Scouters should be held; then a week-end for the Troop, after that each Patrol should have one or two week-end camps by itself. This means that each Scout should get at least three week-end camps before the summer camp, and the Patrol Leaders four. It must be understood, however, that no week-end camping should take place without the knowledge and complete approval of parents and Group Committee.

3. Type of Camp. – A Scout camp is much more than a pleasant holiday. The Founder called it "The Scoutmaster's great opportunity". For what? For putting into practice all that comes under the term SCOUTING. "Large camps", says the Founder, "are bad from a Scout-training point of view." The ideal Scout camp is run on Patrol lines. Each Patrol is a separate unit; camps by itself, does its own cooking and is self dependent.

Read through this book carefully: it gives the essentials only of a good Scout Camp, and is not intended to be exhaustive in its treatment; it should be supplemented or possibly even modified, by experience and by wider reading, provided always that standards are not lowered.

4. Camp Regulations. – Before making the first move for planning the summer camp read, Rules 360, 363, 391 and 392 of Policy, Organization and Rules for Canada (1962). See

Appendices G and H. These Rules must be strictly carried out as part of the game of camping. Talk it over with your Commissioner and experienced Scouters.

Mixed camps of Cubs and Scouts, Or Scouts and Rover Scouts are not permitted. Rover Scouts should only be in a Cub or Scout Camp as Assistants. Cubmasters must acquaint themselves with the special provisions as given in Rule 361, P. O. & R. There is a vast difference between Cub and Scout camping.

5. Assistance. – NO SCOUTER SHOULD RUN A CAMP WITHOUT OTHER ADULT ASSISTANCE.

Definite responsibilities should be assigned to all leaders. Patrol Leaders should be able at all times to account for the whereabouts of Scouts in their Patrols.

The following jobs should be allocated to others so that the Scouter in charge is free to keep an eye on the general welfare and organization of the camp: –

Quartermaster – to buy, check and issue supplies, keep stores tent clean, food covered, and all those duties involved with provisions for the camp.

First aid – if the Scouter himself is not well qualified in first aid work, he must have someone with him who is so qualified.

Sanitation – to supervise all sanitary arrangements, such as latrines, wash places, grease and dry pits, insect control.

Waterfront – a qualified person to layout, supervise and control all water front activities (swimming, boating, canoeing, regattas).

All Camp Leaders should realize that, to the boy, the camp is one of the big Scouting events of the whole year, and, has many opportunities for influencing boys.

6. The Site. – How far away the camp is to be depends on funds or transportation available, but if possible the camp should be located in an area quite unlike the Troop's usual home surroundings. Look for country where there is plenty of opportunity for Scouting activities, avoid popular tourist and summer cottage resorts. The camp should provide safe swimming facilities. Lakes or rivers are desirable but a creek can be dammed to provide swimming. (Read again Rule 392 P.O. & R.)

The actual site should satisfy the following conditions: –

WATER: plentiful supply for drinking and washing, not too far from camp. Make sure water is unquestionably pure. Samples must be sent to local or Provincial health authorities for testing seven to fourteen days prior to camp. If in doubt, choose another site.

SOIL: avoid clay wherever possible so that urine, waste water and rain may drain easily.

ASPECT: protection from prevailing winds is desirable; don't camp too near trees but afternoon shade on tents is desirable; get a site with a view.

FUEL: if possible locate where there is an ample supply of wood available not only for firewood, but also for pioneering, gadgets, etc.

SUPPLIES: make sure that supplies can be obtained easily, with plenty of fresh produce, milk, eggs, butter, vegetables, etc. Use pasteurized milk from Government tested herds.

Visit the site yourself; and take the Patrol Leaders with you; don't rely on second hand opinions.

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A score of 80 is good

CAMP SITE RATING SCALE

Score	2	4	6	8	10
Type	Poor	Fair	Good	Excellent	Perfect
Location	City Edge	Suburbs	Farms	Abandoned Farms	Back Woodland
Water Supply ..	Long carry	Short, steep carry	Med. carry Safe well	Short carry Safe well	Uncontaminated, clear cold spring. Short carry
Drainage	May flood	Drains slowly	Drains 2 ways	Drains 3 ways	Drains all ways
Soil	Clay or Gumbo	Rocky or loose gravel	Gravelly	Packing sand Gravel under	Firm loam Gravel under
Ground Coverage	Weeds	Grain stubble	Hay Crops	Leaf mold	Well grassed
Tree growth	Shrubs	Sapling	20-30 year 2nd growth	30-60 year 2nd growth	Forest primeaval
Fuel	Down soft wood	Down soft wood	Standing dead soft wood	Standing dead hard & fat pine branches	Opportunity to cut hardwoods Fat pine stumps
Topography	Steep	Flat	12% slope	5-8%	Gentle slopes
Swimming	Deep Stream	Safe depth stream	Lake safe depth, clear and clean	Lake, safe depth clear uncontaminated	Lake clear graded slope. Sand beach. Uncontaminated
Pests	Mosquitos Insects	Poisonous plants	Controllable Flies	Few of anything	None
Public	Curious	Picnicker	Tolerant neighbours	Friendly natives	None

DURING THE VISIT: –

- i. IMAGINE WHAT THE SITE WOULD BE LIKE UNDER THE WORST POSSIBLE WEATHER CONDITIONS.
- ii. See the owner. Sometimes it is necessary to arrange rent and other details. He can also tell you about transport available and suppliers. Make sure that the site is not to be used by others (or by animals) immediately prior to or during your camp.
- iii. Get addresses of nearest stores, doctor, police, ranger, hospital, dentist.
- iv. If possible call on the local Commissioner, or an experienced Scouter, to get his opinion of the site. If this is impossible, write to the local Commissioner for his opinion before definitely fixing on the site. (Name and address of local Commissioner may be obtained from Provincial Headquarters.) THE MAN ON THE SPOT MAY KNOW MORE THAN YOU DO ABOUT THE SITE, SAFETY OF SWIMMING, etc.
- v. Have the Patrol Leaders make a sketch map of the site to put on the Troop notice board and to plan layout and programme.
- vi. Study the topographical map of the district to see what possibilities there are for wide-games, exploring, hikes, out-trips. The more information you can collect about the site and surroundings, the better the camp can be planned: ie. swamps, dangerous cliffs, rapids, rivers.

7. Assembling Equipment. -Three lots of equipment have to be considered.

Troop, Patrol and Personal

Checking lists for these will be found in the Appendices; don't leave the assembling of the equipment to the last moment, start collecting it during the winter months. The most expensive item is the supply of tents; probably at first these will have to be rented, but aim at buying your

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own tents so that you will have enough for the whole Troop. Work on a Patrol basis so that each Patrol can have its own complete set of equipment for which it will be responsible; this will simplify Patrol camping. The most serviceable tents are wall tents (tunnel ridge). If fly sheets are also obtained, any kind of weather can be faced. In working out tentage required allow at least 2 feet by 6 feet per Scout. In addition, one or more Scouters' tents (Scouters should not share tents with Scouts), a store tent, and a medical tent are necessary.

Before going to camp, give the Scouts practice in pitching and striking the tents, how to take care of them, practice in making up their beds, and in packing their kit and instruction on how to clean cooking pots, etc. The lists of equipment in the Appendices will show what is required for the camp in addition to tents. Great care should be taken to see that all the necessary equipment is assembled well in advance of the camping season and carefully stored. Periodically the Patrol Leaders should take an inventory and see if any repairs are needed. They should give particular attention to tents and cooking gear. Running repairs, such as replacing worn ropes, repairing tears should be part of the winter work.

8. Parents. – As soon as arrangements for the site have been made, and permission received from the Commissioner, a letter should be sent to all parents giving full particulars of the camp. This letter should include the following information: places, dates, list of equipment needed, type of transport, cost, leadership.

(Read from bottom to top)

8	“CAMP”
June 7	Complete programme in detail, finalize all other arrangements. Arrange for medicals, final water test. Prepare and pack equipment, order provisions. Final details to parents and boys. Fees collected.
May 6	Training programme (Troop and patrol hikes, overnights). Apply for permission to camp. Complete menus, food lists and daily orders. Confirm travel arrangements. Visit the site with Court of Honour.
April 5	Training programme (Troop and patrol hikes). Make draft of programme in consultation with Court of Honour. Check equipment and list repairs necessary, replacements. etc. Finalize on staff and their responsibilities at camp.
Mar. Feb. Jan. Dec. 4	Training programme (winter hike and overnight). Check, repair, buy and make equipment. Start camp promotion, inform parents by letter or at Parent's night. Show films, slides, log books of previous camps. Start a camp fee bank.
Nov. 3	Present tentative plans to the Group Committee. Suggest how they may help. Prepare budget with Group Committee's help. Commence training programme.
Oct. Sept. 2	Choose tentative sites for next season's camp. Visit the sites. Obtain water tests of those you are seriously considering. Check on facilities, services and other pertinent details.
Aug. July 1	Meet with Court of Honour and assistants to assess results of this year's camp. Make changes in programme, feeding, etc., where necessary. Profit by your experiences.

Start planning next season's camp as soon as you have completed this year's camp.

Schedule your camp plans over a twelve month period.

The letters to parents (see Appendix D) should also enclose a medical form to be completed by parents and the family doctor stating that the boy is in good health. (A Medical Examination form is available from your local Scout office.) Space should be provided for adding any special details the parents think the Scouter should know. A personal visit to the parents concerned is best, especially where a Scout has not been to camp before. All difficulties can then be explained, and mutual confidence gained.

9. Preparing Menus. – Menus and lists of quantities should all be prepared before camp (see Appendices). Aim at plenty of variety of food, as much fresh milk (pasteurized or from Government tested herds), fruit, fresh vegetables, etc., as possible. If there has been sound training in cooking prior to camp, 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.

Carefully work out the food costs per boy, ensuring that there is sufficient to supply an ample diet; to this sum must be added share of transportation charges (boys and equipment), any costs of excursions out of camp and a small sum to cover running expenses.

10. Preparing Programmes. – The use of imagination will create appropriate opportunities for putting across, Scouting and woodcraft skills. It is most important that a full scheme of activities for *every* day should be drawn up well *before* camp. This should be done in consultation with the Court of Honour. Aim at getting each Scout at least one step higher in his Scouting before the end of camp.

IT SHOULD BE KEPT IN MIND EVERY DAY THAT THE OBJECT OF THE CAMP AND THE PURPOSE OF THE CAMP AND THE PURPOSE OF THE PROGRAMME IS TO PROMOTE GOOD HEALTH, GOOD HABITS AND GOOD MANNERS, TO DEVELOP GOOD CHARACTER, AND TO GIVE THE BOYS FUN AND ADVENTURE.

It is important that meals should be served at regular intervals and that Scouts should rise early and retire early.

BE SURE YOUR CAMP HAS SAFE DRINKING WATER

Here are a few methods of purifying water. In any event you must send a sample of the water you will be using to your Provincial Health laboratory. Do this well in advance of your camp and again a week or so before leaving for camp.

1. Dissolve 2 Halazone tablets in 1 quart of water. Let stand for 30 minutes.
2. Add 3 drops of 2% tincture of iodine to 1 quart of water. Let stand for 30 minutes.
3. Boil water for 5 minutes. Pour from one Pot to another several times to aerate and cool it.
4. Add one teaspoon of standard brand household bleach (Javex) to one pint of water, shake thoroughly and allow to settle. Use this stock solution to chlorinate your drinking water. Add one teaspoon of the stock solution to one gallon of water. Mix thoroughly, allow to stand for 30 minutes. This is one of the best methods of assuring safe drinking water.

Handy water chlorinating and test kits with instructions are obtainable from your Provincial Department of Health.

Tent-raiding or other sleep-disturbing horseplay is not allowed. Make sure that every boy gets a good night's sleep every night. This is of prime importance if all are to enjoy the maximum benefits of the Camp.

Camp is the ideal place for Scouts to advance in their Second and First Class requirements. Work on these alone would supply ample ideas for activities. Other badges that will suggest things to do are: Camper, Camp Cook, Pioneer, Rescuer, Tracker, Naturalist, Swimmer, Boatman, Canoeman, the Conservation Badges.

Remember that Scouting is a game, and instructional work should, where possible, take the form of activities. Use the formulae: 10% Explanation, 10% Demonstration, 80% Participation.

SCOUTS WANT SCOUTING, NOT LOUNGING. SO SEE THAT THERE IS PLENTY OF REAL SCOUT ACTIVITY THROUGHOUT THE CAMP. Allow time for Scouts to go off exploring on their own.

MAKE PROVISION FOR WET DAYS. Have alternative programmes READY, so that bad weather doesn't find you at a loose end. When the programmes are ready make out a list of the gear needed, assemble it, and see that it goes to camp. For suggested programme ideas see Appendix F.

11. Final Instructions. – Two weeks before camp send out complete instructions to parents. These should give camp address, place of assembly, time of departure, arrangements for food en route, time of return, and a copy of camp rules. These should be simple and will include such matters as swimming and boating rules, leave from camp, wearing of uniform outside defined area, visitors day if any and so on.

SUMMARY

Before going to Camp –

1. *Train* yourself and the Scouts during the months prior to camp.
2. Have *week-end* camps in early spring and summer.
3. Use the *Patrol System*.
4. Know Camp Regulations, Rules 360-363 P.O. & R. for Canada and abide by them.
5. Recruit competent adult help.
6. Visit the site and get information.
7. Assemble equipment.
8. Get the written approval of the Group Committee, Commissioner and parents.
9. Make transportation arrangements.
10. Prepare menus and food lists.
11. Prepare programmes of activities for good AND bad weather.
12. Make use of the Group Committee to assist with arrangements.
13. Draw up a budget.
14. Obtain water tests well before and just prior to leaving for camp.



II

AT CAMP

1. **Lay-out.** – The earlier in the day the Campers can reach the site the easier it will be to get settled down comfortably. The practice of sending an advance party to pitch camp is not to be encouraged, as the Scouts thereby lose a valuable part of their training. The exact lay-out can be worked out on the site-plan before arriving in camp, and jobs should all have been allocated before setting out. The following are the main points to keep in mind in planning the lay-out:

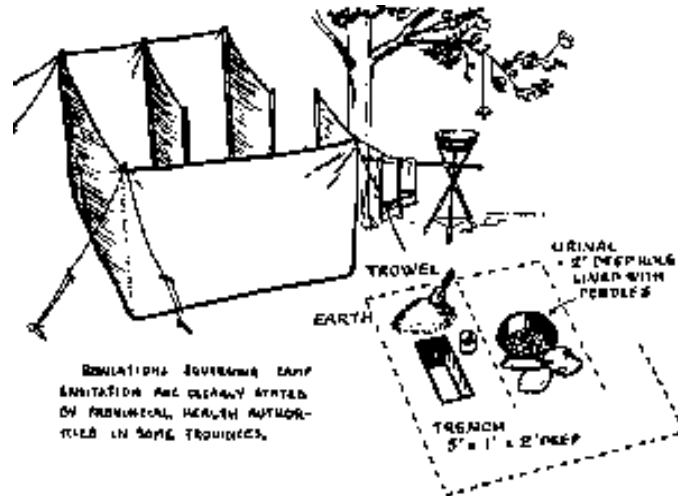
1. Each Patrol camps as a unit; not too near other Patrols.
2. Scouter's tent centrally located, with flagstaff nearby.
3. Each cooking place near its Patrol. (*Page 10.*)
4. Latrine in most convenient place; other things being equal to leeward, but not more than one hundred yards away from furthest Patrol. If possible each Patrol should have its own latrine.
5. Stores tent near Quartermaster, Medical tent near Scouter's tent.
6. Wash places and drinking water supply as near to camp as possible.

Allocation of jobs for pitching camp:

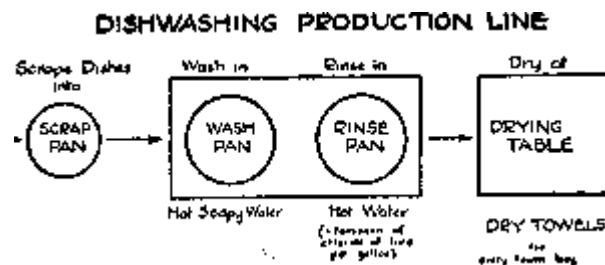
1. Scouters put up their own and stores tent.
2. Each Patrol to:
 - a) Dig its own latrine and put up screen or help with central latrine construction.
 - b) Pitch tent, dining shelter, and patrol stores tent.
 - c) Construct fireplace and kitchen.
 - d) Dig grease and dry pits.
 - e) Collect wood and water.
 - f) Construct wash place.
3. Patrols to help with the following jobs:
 - a) Stowing stores.
 - b) Pitching first aid tent.
 - c) Erecting flagstaff and bulletin board.
 - d) Making campfire circle.
 - e) Set up waterfront area, buddy boards, ring buoys and floats.

Assistants will supervise these various jobs.

As soon as jobs under 2. and 3. are finished all hands should assemble gear, put it into tents, get fuel, and generally make themselves useful.



2. Latrines and Wash Places. – Provincial regulations governing camping must be observed. The most sanitary form of latrine consists of shallow trenches, about 3 feet by 1 foot by 2 feet deep. A pile of earth is behind each trench with paddle and every time the latrine is used sufficient earth is thrown in to cover excreta. If natural cover is not possible, screening (burlap or old canvas) should be arranged. Paper to be kept in box (with lid) and a wash basin, soap and paper towel kept close by. One trench to ten boys for two days is a sound allowance; then cover in and dig fresh trenches alongside. IF THIS METHOD IS CARRIED OUT THERE SHOULD BE NO NEED FOR DISINFECTANTS, AND NO DISAGREEABLE ODOURS. Disinfectants and odours mean bad sanitation. A separate urinal should be made in the vicinity of the latrine; a shallow pit lined with stones with a trench leading away, is sufficient. Make sure that drainage from latrines and urinals will not foul the water supply.

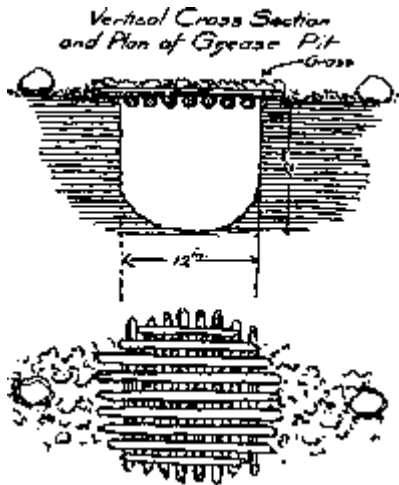


Wash places need careful arranging so that the ground around does not become water-laden. Waste water should be poured into a pit away from the actual washing place.

3. Cooking Places. – The cooking area should be roped or fenced off. Before making fireplaces dig out the turf – about 4'X4' for the average patrols – put turf aside in the shade for replacing at end of camp; water it occasionally. By the fireplace should be a covered wood supply. A cooking shelter and a dining shelter should be put up for rainy days. A wash basin should be near the cooking place for use by cooks before touching any food. Nearby there should

be a *grease pit*. A hole is dug in the ground about the size of a large bucket, the opening is covered with a lacework of twigs which is covered with grass. Greasy water is poured on to this, so that only clear liquid goes into the hole. The covering is burnt and renewed at least twice daily. Dry rubbish and refuse should be burned when cooking is finished. Tins should first be burnt out and flattened before being buried deeply in dry pit. Meals should be decently served and plenty of hot water ready on the fire for dishwashing directly after the meal.

4. Stores Tent. – The Quartermaster has a most important job. Apart from ordering food and issuing it, he must give attention to the actual storage. There must be no flies on his stores! Boxes will make excellent store-cupboards. A supply of cheese cloth is useful for covering opened goods. Opened jars, must always be covered, and the outsides clean. Meat should be stored in a cool place. Don't order meat until needed. If possible milk should be purchased in bottles or waxed containers. Empty bottles should be thoroughly washed and returned to supplier. The waxed containers should be burned. Powdered milk makes a good substitute when fresh milk supply is a problem. Patrols should only be issued with sufficient milk for a meal. Butter should be kept in a container in a cool, moist place. Don't order more than necessary at a time.

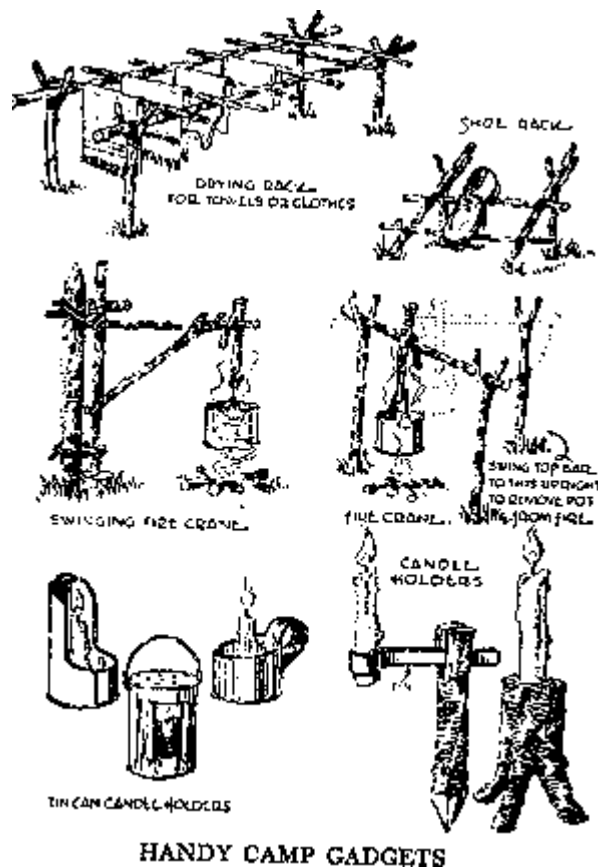


5. Health and Cleanliness. – These go together. The proper use of rubbish pits, well-constructed latrines, and spotlessly clean camping area will ensure cleanliness. Each Patrol tent should have a rubbish bag. This will be emptied into the fire periodically. Personal cleanliness is largely a matter of example by Scouters. If Scouts see them carrying out thorough ablutions they will follow suit. Daily inspection should emphasize *teeth, feet*, and general cleanliness. *Fresh air* is essential at night as well as day; see that tents have at least one flap open, if possible all flaps at night. *Sunshine* is healthy, but see that Scouts do not go too far at first; keep the back of the neck, shoulders and head covered during the hot sun. Bare legs are to be encouraged, but not bare feet, wear sandals or running shoes. A few talks on the lines of "*Scouting for Boys*", Yams 18 and 19, will get the right attitude.

Diet is another important factor. *Fresh fruit and vegetables* are essential.

Minor ailments such as constipation, diarrhoea, minor colds can be dealt with in camp, but IF IN SLIGHTEST DOUBT CALL IN A DOCTOR. DON'T RUN RISKS. All cuts, bumps

scrapes should be reported immediately to a Scouter. The daily inspection is the best opportunity for seeing that the whole camp is clean and that the Scouts are healthy.



6. Routine and Programmes. – As these have been drawn up before camp, there should be no difficulty in providing plenty of healthy Scout activity throughout the camp. The Patrol Leaders and Scouters should meet once a day to discuss the next day's programme and arrange any details necessary.

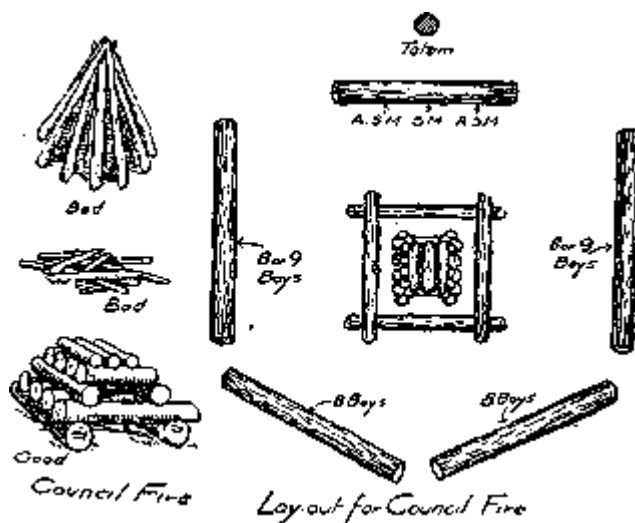
7. Religious Observances. – Adequate provision must be made for Scouts and Scouters to faithfully carry out their religious obligations. A closed Group should be in touch with the nearest church of its own denomination to arrange for Sunday attendance at service. An open Group should, as far as possible, arrange for Scouts to attend Services of their own denominations. This will probably be difficult in the country. In this case an effort should be made to have religious leaders of the denominations represented visit the camp.

8. Neighbours. – Remember that every Scout camp creates a good or bad impression on the people who come in contact with it. Bad behaviour will do the Movement harm. *Scouts should always be in correct uniform outside the actual camping area, as should Scouters and Rovers without exception.* Avoid anything that will cause offence. If camp is near cottages or other campers see that noisy campfires do not annoy the neighbours. The Scouts will need

reminding about shutting gates, crossing crop fields, private property, Camp bounds, etc. Your aim should be to leave behind you a neighbourhood of people impressed with the good things of Scouting, and glad to welcome any Scouts as a result of your visit. If there is a local Scout Group, get in touch with the Scouters and arrange a joint campfire, and possibly a Scouting game.

SUMMARY

1. Allocate *jobs* for pitching camp.
2. Make well-planned *cooking places*, and *dining shelters*. Meals must be decently served.
3. Quartermaster must see that all stores are *protected from flies*, germs and animals.
4. The Scouter is responsible for seeing that the camp is *healthy and happy*.
5. *Programmes* should be arranged with the Patrol Leaders.
6. Remember *Rules 11, 12 and 13 P.O. & R.*
7. Be *neighbourly*.



III

AT THE END OF CAMP

1. On the eve of breaking Camp. – All bills should be paid up, and the owner of the property visited to settle rent when this has been arranged. Check transport arrangements for the morrow. A certain amount of work can be done such as filling in latrine trenches except one; cleaning the grounds and burning rubbish. Pack Scouting and any other equipment that will not be wanted. Some of the cooking equipment can be cleaned, and packed.



2. Striking Camp. – As in pitching camp, all jobs should be carefully allocated; leave tents 'till last so that they can dry out thoroughly.

Jobs to be done: –

- a) Cooking shelters and dining shelters to be struck and packed.
- b) All cooking equipment to be thoroughly cleaned and stored.
- c) Flagpole to be taken down; store tent to be cleared and tent struck. (Don't waste any food left over; if possible take it home.)
- d) Medical tent and Scouters' tent to be struck.
- e) Latrines to be filled in and *marked*.
- f) Grease, rubbish and other pits to be carefully filled in, turf replaced on these and on fireplaces.
- g) Washing place to be cleared up; all spare fuel and gadget-wood to be collected and piled neatly.
- h) Patrol tents to be struck. If these or other tents are hired and *have* to be packed wet, send a note of this to the owners at once. If they are your own, see that they are opened out and *thoroughly* dried, immediately on return.
- i) Last Clearing of Ground. – Best done by spreading the boys across the site in line and moving forward. Make sure this is done *thoroughly*.
- j) If possible arrange for the owner to inspect the site.

3. "Remember also the two things you leave behind you on breaking up Camp:

1. NOTHING
2. YOUR THANKS TO THE OWNER OF THE .GROUND."

SUMMARY

1. Get as much done as possible the *day before* leaving.
2. *Allocate* jobs to Patrols. Leave Patrol tents 'till last.
3. Owner's inspection.
4. Leave *Nothing*, and your *Thanks*.



IV

AFTER CAMP

1. The Note Book. – Throughout the camp jot down ideas for improvements and changes in the meals and programme that may occur during the camp. It is easy to forget these unless noted AT THE TIME. This should be kept for reference next year to help you to profit from your own experience. In this way you will run better camps year by year.

2. Records. – Copies of all letters sent out, instructions, menu sheets, programmes, costs, suppliers, should be carefully filed for future reference. A camp log should have been kept by the Patrol Leaders; this may be kept in the Troop archives with copies of any photographs taken. Their value increases annually.

3. Thanks. – On your return write letters of thanks to all who have helped you in any way. Some of this can be done in camp.

4. Plan. – Start now to plan next season's camp.



WINTER CAMPING

Winter camping can be wonderful fun, and it requires special techniques and training. Many boys prefer winter to summer camping. A Scouter who has not previously experienced winter camping should not be in charge of Scouts under these conditions.

Cold weather hiking and camping calls for considerable physical stamina, mental toughness, and Scouting experience. Definite qualifications for Scout participation should, therefore, be laid down by the Court of Honour, and the discretion of the Scouter exercised in every case.

Previous training is essential. It should include the following as a minimum: –

1. Second Class standard with a special emphasis on efficiency in knotting, lashing, firelighting, cooking and first aid.
2. Scout Camping experience of not less than five nights.
3. At least two hikes under zero conditions with special training emphasis on wearing suitable clothing and first aid.

With a knowledge of these subjects:

- How to keep cool and warm.
- Fires and cooking.
- Feeding: types of food and winter menus.
- First aid: how to prevent, recognize and treat frost bite; how to prevent, recognize and treat snow blindness; how to recognize and treat shock; ice rescue.

- What to do if lost.
- Use of special equipment e.g., snowshoes, toboggans, skis.
- Tent pitching.
- Building lean-to's.
- Making drinking water from snow and ice.
- Latrine arrangements: it is important that excreta is covered by snow.

Such hikes not only train the boys in winter camping, they also show up faults in clothing and techniques which may be corrected before going on a longer journey. They also reveal those Scouts not yet conditioned for the harder adventure of overnight camping.

Programmes for winter camping must be carefully planned. Looking after yourself, setting up camp, cooking and all those items involved in camping take much longer than expected. Most programme items should be active. Because of the need for plenty of activity to keep warm, Scouts will tire earlier in the day and be ready for bed soon after dark. They will usually try to be up soon after daybreak too. "Early to bed, early to rise" is an excellent motto for winter camping.

WHAT TO WEAR

Light clothing of loose air-space texture, loose fitting is necessary. The outer garment trousers as well as jacket, must be of wind resistant, water repellent material.

UNDERWEAR

Light woollen underwear or polo type pyjamas. If very cold, two light-weight pairs are better than one heavy-weight pair.

SHIRT

Flannelette or woollen shirt with long sleeves. Light woollen sweater, or second shirt.

PARKA

Parka or other roomy long jacket which gives some control on regulating body temperature. Do not use "waist joint" jackets, such as battle dress, blouse, or wind-breaker. A hood attachment is necessary.

MITTENS

Wind resistant, water repellent with woollen liners. No finger gloves.

HEADWEAR

Ski cap with ear flaps, or woollen toque which will cover ears. No ear-muffs.

FOOTWEAR

This will be determined to some extent by the terrain and method of travel.

In any case, there should be room for a felt insole and two pairs of loose woollen socks.

Indian mocassins, shoepacks, larrigans are ideal for snow-shoeing or hiking on dry snow.

Running shoes with a pair of socks over the outside and all worn inside a light overboot is a good temporary improvisation.

BEDDING

A standard sleeping bag plus two fleecy woollen blankets sewn into a bag and placed inside should be sufficient.

NIGHTWEAR

A complete change of clothing is essential.

Best to sleep nude or in flannelette or polo type pyjamas.

A woollen toque will protect the head.

Underclothing worn during the day should be placed inside foot of sleeping bag. Shirt and outer layers should be placed nearer outside, in between one of the layers.

Socks and shoepacks etc., must also be prevented from freezing hard in the night.



FOOD

Foods of high energy value are necessary.

Select from this list:

- Oatmeal.
- Bacon.
- Prepared biscuit and pancake flour.
- Sugar.
- Molasses, corn syrup and honey.
- Milk powder.
- Dehydrated vegetables and soups.
- Dehydrated meats and eggs.
- Frozen meat.
- Frozen fish.
- Frozen eggs.
- Cornmeal.
- Dried meat.
- Salt.
- Butter.
- Tea, cocoa.
- Prunes, apricots, raisins, chocolate.

No fresh fruits such as oranges and apples. Apples in particular are unpalatable after freezing and thawing. The dried fruits mentioned are less bulky, and are better sources of energy; also they may be eaten dry while on the trail. Incidentally, they help to assure healthy elimination.

A useful practice is the preparation at home beforehand of foods such as baked beans and stews, freezing outside in pans, then cutting into individual size blocks. These require only

heating, so are especially convenient for quick preparation on the trail. (They would be used in southern zones only during a definitely indicated freezing spell.)

Personal kit additional to normal camping requirements.

Emergency kit containing:

- 1 fire lighter.
- Matches in waterproof container.
- 6 sugar cubes.
- 1 tea bag.
- A few dried raisins.
- 1 fish hook and 50' length of fine line.
- Piece of red cloth (for fish bait).
- 1 small whistle (plastic).
- Piece of aluminum foil approx. 18" square.

These items to be sealed in a small metal or plastic container and used only in a real emergency. The kit should be carried on the person, not in the pack.

For general use:

- 2 or 3 fire lighters.
- Matches in waterproof container.
- Compass.

Remember it is:

ESSENTIAL NOT TO OVER EXERT.

ESSENTIAL NOT TO SLEEP WITH HEAD IN BED, FOR TO GET DAMP IS TO BE VERY COLD.

ESSENTIAL TO TRAIN FOR WINTER CAMPING.

For further details:

Read *Winter Scouting Handbook* published by the Boy Scouts of Canada.

Take part in a Specialization Course in Winter Camping.

Appendices



APPENDIX A

Troop Equipment for Standing Camp

Troop Equipment Box(es).

1 Larder Box.

Tents (pegs and mallets) for Scouters, 1 for Stores and 1 for Medical.

1 Swedish style saw.

2 Felling axes 2 3/4 lb. with (masks).

2 Hand axes (with masks).

1 Sharpening stone (with case).

1 File.

1 Hammer.

Hike tents.

Supply of assorted nails.

Supply of assorted spikes.

1 Pick axe.

2 D-shaped shovels.

Assorted Rope (1/4", 1/2", 3/4" diam.).

Supply of 3-ply sisal cord.

1 roll Binder twine.

2 rolls Butcher cord.

Pioneering Equipment.

3 wash basins.

2 water buckets.

Maps of area.

Supply of matches.

Supply of pencils, scrap paper, thumb tacks, chalk.

Supply of plain post cards.

Games equipment.

Lantern.

Signalling equipment.

Plaster of Paris (cast making).

1 First Aid Kit.

1 Bible.

APPENDIX C

First Aid

Medical Tent. This tent should contain:

- 1 small table or large box to provide working surface.
- 2 folding camp stools.
- 1 camp cot.
- 3 blankets.
- 1 waste basket (small).
- 1 hand bowl, soap and towel.
- 1 Thermos bottle to contain boiled water.
- 1 candle and waterproof matches.
- 1 flashlight.
- 1 small heating stove.
- 1 small pot for boiling water.
- 1 bucket with cover (for fresh drinking water).
- 1 haversack containing small First Aid Kit for hiking purposes.
- 1 First Aid Kit containing :
 - 1 scissors.
 - 1 pointed tweezers.
 - 1 pkt. needles.
 - 1 thermometer.
 - 1 kidney basin.
 - 1 card safety pins.
 - 24 paper cups.
 - 24 tongue depressors.
 - 24 swab sticks.
 - 1 eyeglass.
 - 6 Vivo tubes.
 - 1 1 oz. absorbent sterile gauze.
 - 2 1 oz. absorbent cotton.
 - 12 sterile Lisco pads.
 - 12 sterile Telfa pads 3"X4".
 - 12 sterile Telfa pads 2"X3".
 - 3 2" gauze bandages.
 - 2 triangular bandages.
 - 2 rolls ½" adhesive tape.
 - 1 roll 3" Elastoplast.
 - 1 pkt. 100 Band Aids (waterproof).
 - 1 piece 12"X 18" plastic sheeting.
 - 1 bottle rubbing alcohol.
 - 1 bottle calamine lotion.
 - 1 bottle green soap.
 - 1 small bottle oil of cloves.
 - 1 jar Noxema cream.
 - 1 bottle Kaopectate.
 - 1 small bottle castor oil.
 - 100 Halazone tablets.
 - 14 oz. Boracic Acid powder.

- 1 tin Golden Eye ointment.
- 50 A.S.A. or Aspirin tablets 5 grns.
- 50 Cascara Sagrada tablets 5 grns.
- 1 pkt. baking soda.

The materials listed above are contained in the first aid box available through your local Stores Distributor or the Stores Department of the Boy Scouts of Canada, Box 3520, Postal Stn. "C", Ottawa 3, Ontario.

A Guide to the use of this First Aid Kit

This guide is enclosed with each "Official" Boy Scout First Aid Kit.

1. FIRST AID. First aid is the immediate action taken to help prevent an illness or injury from further development, and, except in trivial cases, *includes* seeking expert medical attention.

2. THIS KIT. This Kit has been compiled by the supplier, in consultation with the Programme Department, National Headquarters. Members of the medical profession who are active Scouters have also been consulted. It is adequate to deal with any first aid treatment likely to occur at a Scout camp

3. HOW TO USE. It is recognized that most first aiders have their personal preferences for certain treatments and they may, therefore, be unfamiliar with the use for which some of the enclosed contents are intended. A few hints are listed below.

ALCOHOL, RUBBING. For *sterilizing instruments* before use. Dip in alcohol or rub with absorbent cotton soaked in alcohol.

For *sterilizing unbroken skin* e.g. prior to removal of splinter or as a "cold application" to insect bites or bruises. DO NOT USE ON OPEN WOUNDS OR SENSITIVE SKIN AREAS.

A.S.A. TABLETS. For *headaches, colds fevers*. Follow instructions on bottle.

BAKING SODA. For treatment of *burns and scalds* apply a solution of one tablespoon of baking soda in one pint of warm water to the dressing.

For relief of *indigestion* or *heartburn* drink ½ teaspoon of baking soda dissolved in ½ glass of water.

BORIC ACID OR BORACIC POWDER. For bathing *inflamed eyes* make a solution of one teaspoon boric acid in one pint of warm water. Use eye bath.

CALAMINE. For application to *insect bites* and *poison ivy* to soothe *irritation*.

CASTOR OIL. One drop to be applied under eyelid to *remove* grit or to *soothe eye*. Two or three drops of warm castor oil in ear to relieve *earache*. DO NOT USE for foreign bodies in ear. NOT TO BE TAKEN INTERNALLY.

CLOVES. OIL OF. To relieve *toothache* put few drops of oil of cloves on absorbent cotton and pack around gum of offending tooth.

GOLDEN EYE OINTMENT. For relief of *styes* or inflamed eyes. Apply after warm eye bath (see instructions on packet).

DISEASE CARRIER - THE FLY



GREEN SOAP. To be used as a *general antiseptic*. For cleansing cuts, abrasions and minor burns, soak piece of absorbent cotton in warm water and add a few drops of green soap.

HALAZONE TABLETS. For *purifying drinking water*. One Halazone tablet is sufficient for one pint of ordinary water. If water is greatly polluted, use two tablets. Allow water to stand for thirty minutes before drinking.

KAOPECTATE. For *diarrhoea*. Follow directions on bottle.

LISCO PAD. Antiseptic absorbent dressing. May also be used for moist compress.

NOXEMA. Helps prevent *sun* and *windburn*; also soothes their effect and that of chafing.

PLASTIC SHEETING. To cover a moist compress to contain moisture.

TELF A PADS. Antiseptic dressing. Apply direct to burns, cuts and abrasions too large for treatment with plastic Band Aids.

VIVO TUBES. For reviving a person who is feeling faint. **DO NOT USE ON UNCONSCIOUS PERSON OR WHERE HEAD INJURY OR SEVERE BLEEDING IS EVIDENT.**

APPENDIX D

**SUGGESTED MATERIAL TO BE SENT
TO PARENTS OR GUARDIANS OF SCOUTS GOING TO CAMP**

Dear Parent,

The Troop Summer Camp will be held this year from July 5th to July 12th at the eastern end of Knob Lake, 4½ miles north of Gormley.

The Camp will be under the competent leadership of three Troop Scouters and every effort has been made to ensure that your son will have a safe, enjoyable camping experience.

The Troop will be travelling to and from Camp by Provincial Coach, leaving Troop Headquarters at 8.30 A.M. Saturday July 5th and returning to the same location at approximately 5.30 P.M. Monday, July 12th. The cost of the camp, including transportation will be \$20.

Enclosed is a list of equipment that your son will require, a camp application and medical form. Please arrange to have your son medically examined shortly before camp, and complete and return the forms to me.

If there are any questions you have regarding the camp please do not hesitate to call me.

Yours sincerely,

John Code
Scoutmaster.

The camp postal address is:

21st Gossage Hill Scout Camp, c/o Gormley P.O.

The Scouter's Camping Guide

CAMP APPLICATION

Name _____ Address _____

City _____ Telephone No. _____

Can you swim 25 ____ 50 ____ 75 ____ 100 ____ yds. or more

I hereby make application to attend the _____ camp to be held at
_____ from _____ to _____

I agree to abide by all camp rules and regulations. To pay the camp fee of \$_____ including transportation costs. Attached herewith is the sum of \$_____ and agree to pay the balance before proceeding to camp.

Scout's Signature _____

I hereby give my approval for the applicant to attend camp and I am satisfied with the precautions being taken for the health and safety of the campers. I will provide the necessary personal equipment for the applicant who has my approval to take part in swimming, boating, overnight expeditions (First Class Hikes) and all other camp activities.

Parent's or
Guardian's Signature _____

The Scouter's Camping Guide

CAMP MEDICAL FORM TO BE FILLED IN BY PHYSICIAN

(The National Medical Examination Form can be used. Available from your local Scout office.)

Name _____ Age _____ Date of Birth _____

Height _____ Has had Tetanus Toxoid? _____ Weight _____

Date _____

Past Health. List any serious illness with date:

Diet. Are there any specific dietary requirements?

Medication. Give details of any medicines this Scout will require at camp:

Present Health. Does this Scout have any of the following conditions?

Diabetes _____ Rheumatic Heart _____

Asthma _____ Recurrent Tonsillitis _____

Hay Fever _____ Perforated drums _____

Eneuresis _____ Contagious diseases _____

Physical Examination.

Development _____ Nutrition _____

Any positive findings:

Recommendation. I believe that the above mentioned Scout is able to take part in all camp activities including swimming except as stated below:

Date _____ M.D.

(Physician's Signature.)

APPENDIX E

Personal Equipment for Standing Camp

Note. – Everything should be clearly marked with owner's name.

TO WEAR

Regulation Uniform:

Hat
Shirt
Shorts Belt
Stockings
Garter tabs
Brown or black shoes
Neckerchief and woggle.

TO PACK

Bedding:

Ground sheet
Sleeping bag or
2 thick woollen blankets and 6 blanket pins
Pyjamas.

EATING KIT

Knife, fork, spoon, plate, bowl, cup (not aluminum – unbreakable).

TOILET KIT

2 Towels
Soap and Container
Comb and Mirror
Toothbrush and Paste
Nailbrush.

CLOTHING

Extra underwear
 stockings
 handkerchiefs
 T-shirts
Field cap
Swimming trunks
Sweater
Jacket
Waterproof coat or poncho
Sandals, mocassins or running shoes ,
Pair of longs.

MISCELLANEOUS

25' light line
Flashlight
"Tenderfoot to Queen's Scout"
Writing Kit (paper, envelopes, stamps, pencil)
Bible or Prayer Book according to faith.

Optional:

Rubber boots, Fishing rod and tackle, insect repellent
Clasp knife or sheath knife
Compass, Camera.

Note. – This equipment to be packed within a rucksack or haversack or other suitable pack that can be carried on the back. Bedroll may be lashed on top.

“Remember that a well *packed Pack* consists of bags within a bag, with everything placed in the logical order that it is required.”

APPENDIX F

Suggested Outline for Day's Programme in Camp

The programme can be varied in the hours 10.00 to 11.15 a.m., and 2.30 to 4.15 p.m. It was not considered advisable to lay down the programme for these hours each day in detail because of local conditions, weather, etc.

7.00 a.m. ROUSE CAMP. Patrol Firelighters light fires; put on water pot. They go to wash as soon as Patrol Cooks return from washing. “Dip” to be taken only by those who desire it. No strenuous “before breakfast” setting-up exercises. A short “wake-up” drill or game may be used if felt desirable. .

8.00 a.m. BREAKFAST.

9.00 a.m. INSPECTION of tents, campsites, utensils, grease-pits etc., and general cleanliness of Scouts. Sleeping bags and blankets out to air, on lines or bushes off the ground weather permitting. Patrol Leaders report all present and in correct uniform from the knees up.

9.30 a.m. MORNING PRAYERS.

FLAG BREAK. Scouts should rally around the flag pole dressed correctly from knees upward.

10.00 to 11.15 SCOUTING ACTIVITIES.

This should be in such subjects as:

- a) Bird, animal and tree study.
- b) Emergencies.
- c) Survivalcraft.
- d) Insect life, pond life, nature lore.
- e) Scouting devices.
- f) Compass, maps, orienteering.
- g) Axemanship, knivecraft.
- h) Tracking: 1) Human. 2) Animal.
- i) Estimations – heights, widths, etc.
- j) Pioneering, rope work.
- k) Obstacle course.
- l) Camouflage, disguise, stalking, cast.

11.30 to 12.30 SWIMMING. No Scout to remain in water more than 20 to 30 minutes. At 12 noon Patrol cooks to their fires prepare mid-day meal. This meal should be simple and cold to reduce work. Any necessary cooking for it should be done by Patrol cooks at breakfast time or night before when possible.

1.00 p.m. MID-DAY MEAL.

1.30 to 2.30 REST PERIOD.

- a) Letters home.
- b) Camp diaries.
- c) Stories, quiet games, crafts.
- d) Individual talks and help.
- e) Prepare skits, songs for campfire. This is a good time to hold the daily Court of Honour.

2.30 to 4.15 SCOUTING "CONSTRUCTION", i.e., actually making, by Patrols, such things as:

- a) Out-door ovens, fireplaces.
- b) Campfire circle, totem pole.
- c) Beds, campsite improvement.
- d) Latrines, wilderness sanitation.
- e) Shelters, bivouacs, tree huts.
- f) Conservation work.
- g) Camp utensils and gadgets.
- h) Bridges, rafts, towers.

4.15 p.m. Bedding taken in.

4.30 to 5.45 GAMES and/or swimming. Canoe and boat instruction; regatta.

6.00 p.m. EVENING MEAL (hot).

Patrol cooks for the day do not take part in the above games, but start getting meal for Patrol ready at 4.30 p.m.

Sundown FLAG LOWERING.

Sound Troop call, and Scouts come to alert wherever they may be and face the general direction of the flag. Second call sounds "carry on".

8.30 to 9.15 CAMP FIRE.

Songs, skits, yarns, finish with end of day prayer. The Service Patrol will see that the fire is put out.

NOTE: It is not essential to hold a Camp Fire each night. Night games, astronomy, night hikes, etc. can also be used.

9.30 p.m. TURN IN.

10.00 p.m. LIGHTS OUT.

NOTES

Service Patrol.

It is changed daily and has the following duties:

- a) Rouse cooks (quietly).
- b) Rouse camp using camp call.
- c) Emergency – fire, etc.
- d) General tidiness of camp.
- e) Mail, provisions, etc.
- f) All ceremonies, camp fire, camp fire programme, flag, etc.

The Patrol Leader of the Service Patrol. delegates specific duties to his Scouts. The Service Patrol takes part in all games, Water Safety instruction, etc.

The Scouter's Camping Guide

General Programme.

The programme should be laid out to allow for the following to take place each week:

- a) One all-day hike with some Scouting objective, such as a bird census or animal tracking, or map and sign reading, bridging stream in forest, orienteering, exploring.
- b) Water Safety and swimming instruction.
- c) One night-scouting operation. This event should be very carefully prepared during the pre-camp training hikes. At first the Patrol should be used as the unit for this work and later when the Troop is more advanced in night-scouting the Scouts may be sent out in pairs.

Field Day.

If possible during the camp hold one Field Day inviting any neighboring Troops to participate. If there are no Troops near enough, make it an inter-patrol affair. Parents and friends could be invited on this day. The programme should consist of Scouting contests and demonstrations, and not ordinary athletic competitions.

SAMPLE PROGRAMME FOR A SEVEN DAY TROOP CAMP

	1st Day	2nd Day	3rd Day	4th Day	5th Day	6th Day	7th Day
A.M.	Travelling to camp	Flag Break Inspection Church Services Campcraft — gadgets, cook fire, pins swim	Flag Break Inspection Pioneering and ropework Swim-practice for regatta	Flag Break Leave camp on wide game in- volving tracking, making, egg, carts Fishing lunch judged by Scouters	Flag Break Inspection Camp Field Day inter-Patrol comp. Obstacle Course Swim	All day outcrop or canoe trip	Strike camp Inspection of site
Lunch and Rest Period	Box lunch from home	Court of Honor	Court of Honor	Full Cooking	Court of Honor	Trail lunch (without utensils)	Box lunch
P.M.	Set up camp Swim-outlet waterfront rules	Wide game out of camp. Theme "Nature Lore" Swim-technique swimming and rescuing	Proceeding Regatta	Continue with wide game Attacking distant hill Swim in river under waterfall Observation activity for return hike	Backwoods cooking, experiment with recipes, wilderness plans Swim-pose requirements	Explorations by Patrols Mapping, compass, logs, nature collections Return to camp by different route Swim	Return home
Supper and Free Time	Work in Patrol units	Work on Patrol sites	Free for individual work	Free for individual work, crafts, nature lore, etc.	Special meals prepared from above Free for individual work	Trail supper	
Evening	Short exploration hike Map-up and short work on camp routine	Estimation and personal measurements Axiomship — collect signs for pioneering Campfire	Signalling activity Night hike Axionismort		Inter-Patrol Fishing Derby Race in chair and cook fish Indian Canoeing	Active at camp Court of Honor Start packing gear Final Campfire	

APPENDIX G

Camping.

P.O. & R. Rule 360 General.

- i) Particular care must be exercised to ensure that camping regulations laid down by Provincial and Municipal Public Health authorities are properly observed.
- ii) No *Scout* camp may be held without the prior approval of the Group Committee.
- iii) Every *Scout* camp in excess of three days duration must be registered at Provincial Headquarters. Forms for this purpose are obtainable from District or Provincial Headquarters. Following approval, Provincial Headquarters will issue a Camp Permit which must be displayed on the Camp Notice Board.
- iv) In any camp each *Scout* must have a separate bed.

- v) Scouters must sleep in separate tents from *Scouts*.
- vi) Tent raiding is prohibited.
- vii) A Scouter who has not previously run a *Scout* camp or whose camp has been the subject of an adverse report, must obtain the permission of the District Commissioner or Provincial Commissioner before any intimation of a proposed camp is given to either boys or parents.

P.O. & R. Rule 361 Cub Camping.

Great care must be exercised in Cub camps for which the following additional rules apply.

- i) Cubs are permitted to camp, provided adequate tents with floors either wooden or canvas, or cabins are available.
- ii) Each cub must be provided with at least a mattress or paillasse.
- iii) In addition to sleeping accommodation some form of clean, permanent shelter or weather-proof marquee large enough to accommodate all the Cubs in camp must be available. Water supplies, indoor cooking facilities and adequate sanitation under cover, must be available on the site.
- iv) There must be one adult for every six Cubs in camp and under no circumstances should a Cub camp be conducted with less than two adults of whom at least one must be a qualified Scouter.
- v) Combined Cub and Scout camps are not permitted, and Cubs are not allowed to camp with Scouts.

P.O. & R. Rule 362 Rover Camping.

- i) Joint Rover and Scout camps are not permitted.
- ii) Rovers attending Scout or Cub camps should attend as instructors or assistants to the Scouter in charge.

P.O. & R. Rule 363 Ladies in Camp.

- i) Where it is absolutely necessary for Scouters of both sexes to attend the same camp it is essential that every consideration be given to propriety.
- ii) When a Camp Warden is married and is in residence on a camp site suitable accommodation for himself and family, located at some distance from the camping area must be provided. The Warden's quarters must be out of bounds to the *Scouts* and the camping area out of bounds to the Warden's family except on special occasions.
- iii) On District Camp Sites, Scouters taking their families to camp should be provided with facilities under the same conditions as in (ii).
- iv) A Scouter taking his family to a Troop or Pack camp must locate them at some distance from the Troop or Pack camping area. The family quarters must be out of bounds to the *Scouts*, and the camping area out of bounds to the Scouter's family except on special occasions.



APPENDIX H

Water Safety

Rule 391 Boating.

For this purpose of this rule, the word “Boat” implies any form of water craft.

A. GENERAL

Leader Responsibility.

(i) The following rules on boating are to be observed together with the rules made by the Department of Transport, Port and Waterway Authorities pertaining to public boating.

(ii) Before allowing a Scout to take part in any form of boating the Scouter or other person in charge shall be familiar with all sections of this rule. In interpreting this rule for *each* activity he shall consider carefully all the circumstances and carry out every precaution that would be taken by a prudent parent.

B. REGULAR BOATING

Provincial Responsibility.

(i) Each Provincial council shall appoint a Provincial Water Safety Committee which should work in conjunction with the Dept. of Transport (Steamship Inspection) and District or Group Water Safety Committees and approve regulations as in Sections (ii) and (iii).

The local regulations referred to in Sections (ii) and (iii) shall not become effective until they are approved by the Provincial Council.

District and Group Responsibility,

(ii) When boating of any nature forms a regular part of the activities of Scouts, the District Council shall appoint a Water Safety Committee. Where there is no District Council this duty shall be undertaken by the Group Committee. The Water Safety Committee shall provide for the issue and observance of regulations covering the waters in their area, the use, condition and equipment of all boats used and the safety of those using them.

The Water Safety Committee shall, except when in their opinion it is clearly unnecessary, adopt regulations to meet the following requirements:

- a)* Each boat shall be equipped with a painter and bailer(s);
- b)* Each boat equipped with drainholes shall have two spare plugs attached to the boat by lanyards;
- c)* Each boat travelling after dark and not required by law to carry any navigation light(s) shall be equipped with flash light or lantern to be used if necessary to notify its presence.
- d)* Sail and power boats shall be equipped with oars or paddles;
- e)* Power boats (inboard and outboard) and boats carrying cooking stoves shall be equipped with a fire extinguisher;
- f)* Every person taking part in boating shall be able to swim at least 50 yards in shirt, shorts and stockings. Where it is necessary for those who cannot meet this requirement to take part in boating, they may do so at the discretion of the person in charge providing:
 - (i) they wear life-jackets at all times while afloat; and
 - (ii) they are accompanied by strong swimmers capable of giving each one some assistance in the event of trouble;
- g)* Each boat shall carry sufficient Government approved life-jackets for each person in the boat and each person shall have received practical training in the proper wearing of life-jackets;
- h)* Life-jackets shall be worn at all times:
 - (i) when travelling at night;
 - (ii) when encountering rough weather or broken water;
- i)* Each boat when in use shall be properly manned with a competent person in charge;
- j)* A person in command of a boat shall have a Charge Certificate. If it is desired to go outside the area indicated on the Charge Certificate, permission in writing shall first be obtained from the Water Safety Committee;
- k)* The testing and issue of Charge Certificates by a competent person. Forms are available from Provincial Headquarters.
- l)* The Water Safety Committee shall keep a register of all Boat and Charge Certificates issued.

(iii) Where Groups or Districts own or have exclusive use of boats, the Water Safety Committee shall, except where in their opinion it is clearly unnecessary, adopt regulations to meet the following requirements:

- a)* Each boat, when full of water, shall remain afloat and support its crew. (This may necessitate the addition of special buoyancy material in some cases.)
- b)* Each canoe, pulling boat and centre board sailing boat shall be painted yellow below the water line and have the words "Hold On" painted in large black letters on each side of the keel or centre line.

This rule also applies to all other boats under 16 ft. in length.

- c)* The limit of sail and/or motor power and the passenger and weight load that each boat shall carry;
- d)* Each boat shall have clearly marked on the stern the maximum number of people and weight it can safely carry; these limitations not to be exceeded.
- e)* Each boat shall be inspected annually by a member of the Department of Transport (Steamship Inspection), or where this is not possible by a competent person appointed by the District Water Safety Committee. If found satisfactory, the inspector shall complete a Boat Certificate for each boat. Forms are available from Provincial Headquarters. This Certificate shall

be displayed in the boathouse or Group Headquarters. No boat shall be used unless covered by a Boat Certificate for the current period.

(N.B. – If a Group has more than one boat, they should all be inspected together.)

f) The annual inspection of life-jackets, which shall be of a type approved by the Department of Transport (Steamship Inspection).

C. OCCASIONAL BOATING

Leader Responsibility.

When boating is undertaken by *Scouts* as an occasional activity it is the duty of the Scouter or other person in charge to be familiar with all sections of this rule and in particular to satisfy himself that:

a) The boat(s) to be used is adequate, in serviceable condition and not over-loaded;

b) Requirements A Section (ii) and B Section (ii) Subsections a), b), c), d), e), f), g), and h) are noted;

c) Life-jackets are of a type approved by the Department of Transport (Steamship Inspection);

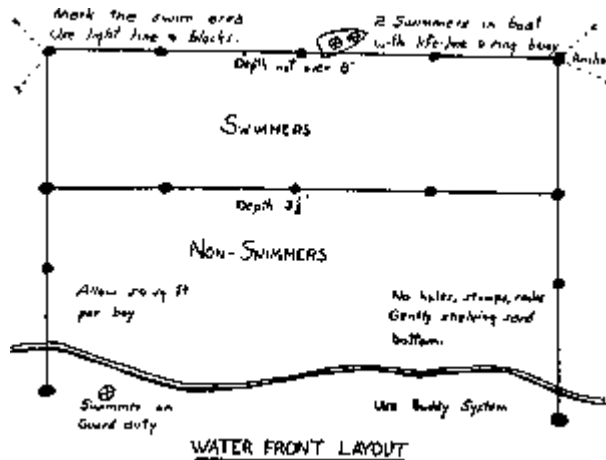
d) Ascertain and ensure compliance with all regulations made and warnings given by the District or Group Water Safety Committee and any public authority in respect of the water and the proposed activity.

Swimming

- (i) No *Scout* shall be permitted to swim alone.
- (ii) Any swim party of *Scouts* must be under the supervision of a Scouter or another responsible person appointed by him for the purpose.
- (iii) Any *Scout* swim party must be organized on the “buddy” system, i.e. prior to entering the water the *Scouts* shall be paired and instructed that they must stay close together while in the water. At intervals while in the water on a given signal from the leader, each shall make his way to his “buddy” raising their joined hands to signify that each has found his “buddy”. The leader must investigate immediately any missing “buddies”. On leaving the water, the party shall form up in their original order to leave the water for any reason he must pair for checking by the leader. If one *Scout* inform his “buddy” who must leave the water at the same time.
- (iv) The safety of the swim area must be established prior to the *Scouts* being permitted to enter the water.
- (v) During the swim period the following safety precautions must be observed as a minimum.

a) Two good swimmers, preferably with the Rescuer Badge or its equivalent must be on duty in swim trunks either on shore or in a boat as the circumstances dictate.

b) A life-line or other recognized rescue aids must be available at all times and the swim pickets instructed in their uses.



APPENDIX I

Camp Menu Suggestions

BREAKFASTS

Apple; Orange; Grapefruit; Juice; Prunes; Baked Apple, etc.

Hot cooked or cold packaged cereals.

Bacon; Eggs – fried, poached, boiled, scrambled, omelette; Egg on a raft; Sausage; French toast.

Toast; Rolls; Muffins; Raisin bread; Pancakes.

Jam; Jelly; Marmalade; Syrup; Cocoa; Milk; Tea; Coffee.

LUNCHES

Soups Home-made or Canned.

Sandwiches; Western; Egg; Salmon; Grilled cheese; Tuna; Cold Meat; Corned Beef; Bologna; Salami; Tomato.

Hard boiled eggs; Omelette; Hot meat sandwich; Macaroni and Cheese; Baked Beans; Salmon Loaf; Creamed bacon or Chipped beef on toast; Cheese sauce on toast; Hamburg on bun; Hot Dogs; Salads; Spanish rice.

Instant Pudding; Jello; Cake; Canned Fruit; Cookies; Fruit Salad; Apple Sauce; Baked Apples; Twists; Bannocks; Rice Pudding.

Potato Chips; Pickles; Catsup; Celery; Carrots.

Milk; Cocoa; Freshie.

DINNERS

Kabobs; Chops; Steaks -Minute, Lamb, Pork, Veal, Wing or T-Bone; Swiss Steaks; Sausages; Farmer's sausage; Roasts – Beef, Lamb, Veal, Pork; Stews – Beef, Lamb, Veal; Cottage Roll; Baked Ham; Meat Balls and mushroom soup; Hash; Meat Loaf; Fish; Salmon Loaf;

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Fried liver and Bacon; Macaroni and Cheese; Spaghetti and Meat Balls; Grilled Ham Steaks; Chicken -Roast, Barbecued, Pot pie.

Potatoes – boiled, mashed, baked, fried, hash brown, creamed; Potato Cakes; Vegetables – fresh or canned; Salads; Tomato Juice; Soups.

Rice; Pies; Ice Cream; Cake; Cookies; Baked apples; Prunes; Coffee roll; Jelly roll with sauce; Instant dessert; Canned fruits; Applesauce; Apple Betty Pudding; Bread pudding; Gingerbread; Water-melon; Tapioca; Custard; Fruit cobblers; Fruit shortcake; Fresh fruit salad; Fresh pineapple.

Cocoa; Tea; Coffee.

NOTE: A plentiful supply of crackers, cheese, cookies, bread, jam, etc., should always be kept on hand for snacks.

THE BASIC SEVEN FOOD GROUPS

1. *Milk and Milk Products* – Serve at least one quart of milk daily, to drink plain or in flavoured beverages or use with cereals, and in cooked foods, such as soups, creamed vegetables, mashed potatoes, puddings, ice cream.
2. *Oranges, Grapefruit, Tomatoes* – Serve at least one of these every day, as is, as juice, or in the case of tomatoes, canned, stewed.
3. *Leafy, Green or Yellow Vegetables* – Serve one or more big helpings every day – some raw, some cooked. Vegetables should be cooked in as little water as possible in a covered pot, to retain vitamins, flavor, color and texture.
4. *Potatoes and other Vegetables and Fruits* – Serve two or more helpings of any of these: potatoes, beets, cauliflower, eggplant, onions, celery, dried peas, dried beans, soybeans, lentils, apples, pears, peaches, grapes, berries, melons, dried apricots, dates, raisins, prunes.
5. *Meat, Poultry, Fish or Eggs* – Serve at least one helping of meat, poultry, or fish every day and at least three eggs a week, or better one egg a day.
6. *Bread, Flour and Cereal* – Serve at least two helpings of whole-grain products or enriched bread daily.
7. *Butter, Fortified Margarine, Fats* – Serve one-half to one pound of fat every week for each person.

In addition to the seven groups of foods, certain other things are necessary in meal preparation. We may group them together as:

Extras – Use as needed or derised. Salt, marmalade, jams and jellies, vinegar, mustard, pepper and other spices, cocoa.

APPENDIX J

Buying and Serving Guide

Column A is approximate ready to serve portion per camper meal. Column B is quantity per patrol (8) of uncooked foods required.

FOOD	A	B
<i>Soups</i>		
Canned	1 cup	3 cans
Dehydrated	1 cup	3 pkgs.
Homemade	1 cup	8 cups
<i>Meats</i>		
Roasts – Beef	4 oz.	4 lbs.
Pork	4 oz.	4 lbs.
Veal	4 oz.	4 lbs.
Lamb	4 oz.	4 lbs.
Baked Ham	3 oz.	3 lbs.
Canned Corned Beef		2 tins
Meat Loaf	4 oz.	2½ lbs.
Chicken	6 oz.	3-4 lbs.
Beef Stewing Meat	6 oz.	3 lbs.
Pork Chops	1	8 chops
Steak	6 oz.	3 lbs.
Hamburg	5 oz.	2½ lbs.
Liver	4 oz.	2 lbs.
and Bacon	2 strips	16 slices
Fish	5 oz.	2 lbs.
Sausage (16 per lb.)	4 oz.	2 lbs.
Canned Salmon or Tuna		3 cans
Weiners (8-12 per lb.)	2 oz.	16 oz.
Cooked Cold Ham	2 slices	1½ lbs.
Sliced Cold Meat (2 slices)	2 oz.	1½ lbs.
<i>Vegetables</i>		
Potatoes	2 med or 1 large	8 large
Onions	2 medium	16 medium
Cauliflower		2 medium
Fresh tomatoes	1 small	8 small
Stewed tomatoes	6½ oz.	2-28 oz. cans
Canned Peas	5 oz.	2-20 oz. cans
Dried Lima Beans		11/2 lbs.
Fresh Beans	4 oz.	2 lbs.
Cabbage		1 medium

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Spinach		3 lbs.
Lettuce	¼ head	2 heads
Corn-on-the-cob	2 cobs	16 cobs
Canned corn	5 oz.	2-20 oz. cans
Celery		3 stalks
Carrots		3 lbs.
Pepper Squash	½	¼

Cereals

Corn Flakes	3-4 oz.	1 box
Puffed Rice	1½ oz.	1 box
Shredded Wheat	1 bisc.	8 bisc.
Grape Nuts	2 oz.	1 pkg.
Cream of Wheat		1 cup
Oatmeal (Quick cooking)		2 cups

Fruit

Grapefruit	½	4
Apple	1	8
Watermelon	1-2 lbs.	2 slices
Cantaloupe	½	4
Orange	1	8
Fruit Juices	5 oz.	2-20 oz. cans
Prunes	4-6 ea.	1½ lbs.
Canned Fruit	5 oz.	2-20 oz. cans

Beverages

Milk	8 oz.	3 pts.
Cocoa or chocolate	1 cup	4 oz.
Tea	1 cup	8 tsp. 4 tea bags
Coffee instant	1 cup	8 tsp.
Coffee (boiled or percolated)	1 cup	8 tbls.

Miscellaneous

Bread or Toast	2-4 slices	1-1½ loaves
Eggs	1-2	8-16
Macaroni (dry)	2½ oz.	1 pkg.
Spaghetti (dry)	3 oz.	1 pkg.
Syrup, Peanut Butter	1-2 oz.	16 oz.
Jam or Jelly	1-2 oz.	16 oz.
Cheese	2 oz.	1 lb.
Rice	2 oz.	1 lb.
Pickles	½ oz.	8 oz.
Salad Dressing	1-2 oz.	16 oz.

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Cake	2 oz.	1 pkg. mix
Pork and Beans	8 oz.	4-20 oz. cans
Butter	1 oz.	8 oz.

BIBLIOGRAPHY

Here are a number of excellent books to assist you in your camping programme and plans. They are available through your local Stores Distributor or the Stores Department, Ottawa:

Scouting for Boys \$1.00

Many good ideas and projects.

Camping and Woodcraft, by Horace Kephart \$4.95

One of the outstanding books on life in the open.

Make and Do the Woodcraft Way \$1.50

Chock full of all kinds of camp and woodcraft wisdom.

Fun with Ropes and Spars \$2.25

Pioneering \$0.75

Outdoor Picture Cookbook \$2.95

An excellent "how-to-do-it" manual of outdoor cooking.

Cooking (Boy Scout Series #4) \$0.25

Map and Compass \$2.25

Astronomy Simply Explained \$0.45

Scout Field Book \$1.50

Campfire Leaders Book \$1.00

Fun Around the Campfire \$0.65

Campfire Song Book \$0.35

There are many other excellent books, pamphlets and charts on camping and all its phases. Consult your local librarian or book dealer, and read the *Scout Leader* for ideas.