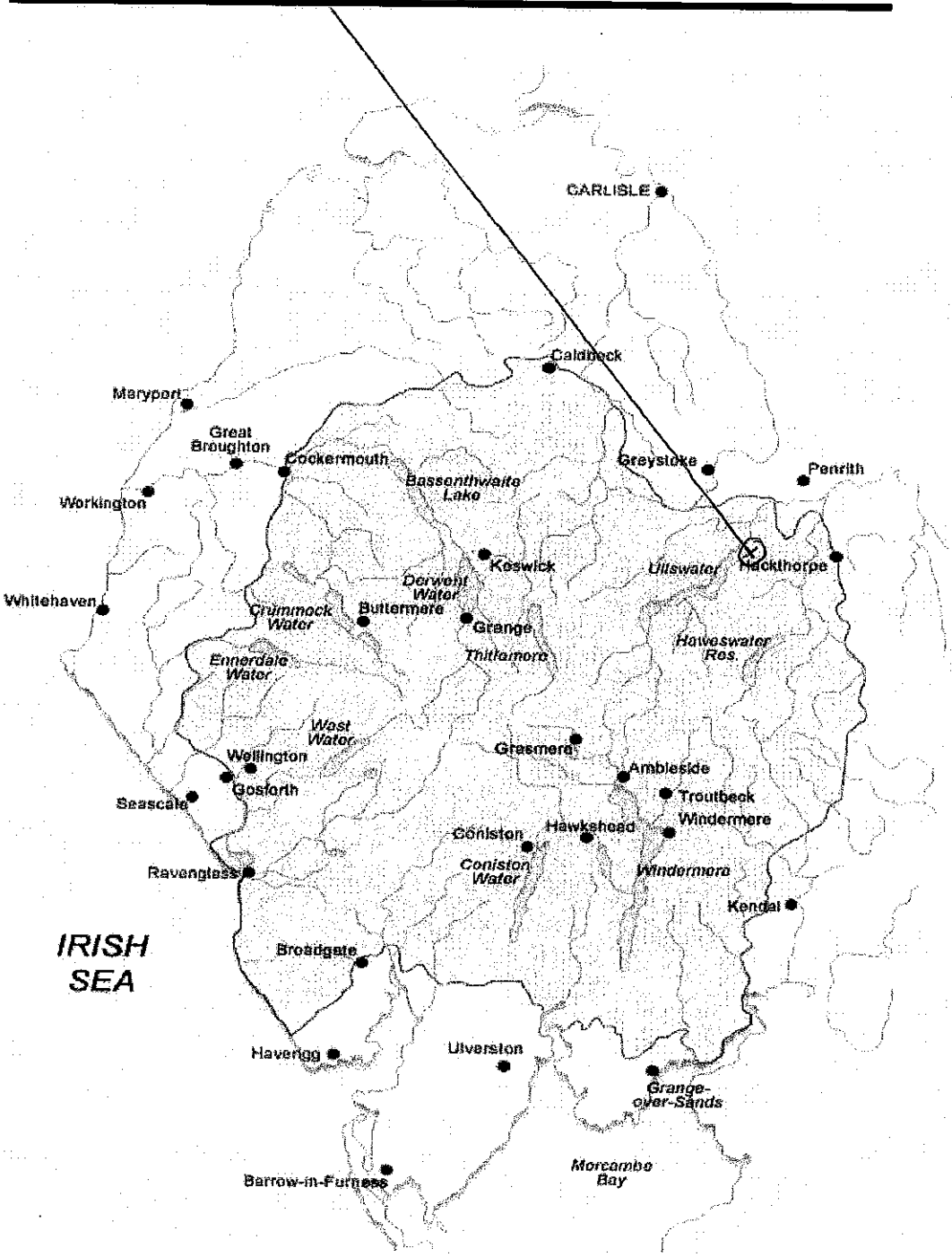
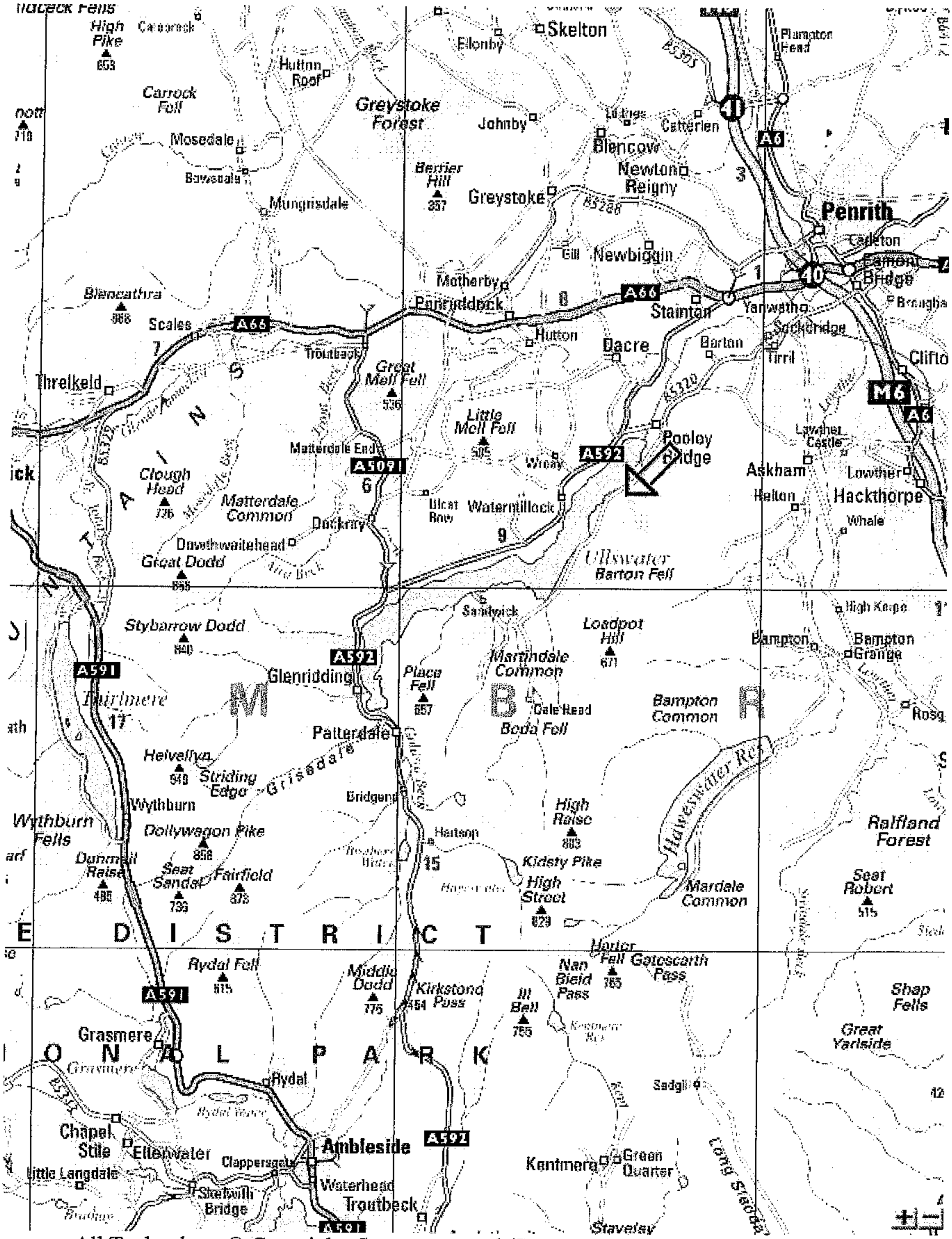
James S

SUMMER CAMP 2014

Pooley Bridge, Lake District



5th Potters Bar Scout Troop
3rd Potters Bar Scout Troop
Ist Northaw Scout Troop
Tartan Phoenix Explorer Unit



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SUMMER CAMP 2014

Postal Address for Scouts

5th Potters Bar Scouts
Waterside House Farm
Pooley Bridge
Penrith
Cumbria, CA10 2NA

Kit Check

Thursday 24th July 2014 at 7.30pm at the Scout HQ Furzefield. Please bring your kit so that it may be checked and corrected if necessary. The personal kit will then be packed into the vehicles on Friday.

Date and time of departure

Meet at Scout HQ, Furzefield on **Saturday 26th July 2014 at 8am**. Please bring a packed lunch in a daysack.

Date and time of Return

Sunday 3rd Aug 2014 at about 9pm. We will stop during the journey so that the Scouts can telephone with a more accurate time.

Travel Arrangements

Scouts will travel in 3 mini buses, with a van and our trailer for equipment, plus canoe trailer. The journey should take about 8 hours. Make sure you pack your kit securely, to ensure it survives the journey!

Camp Bank

The cost of the camp is £240.00 plus a maximum of £35 pocket money. The pocket money should also be paid into camp bank.
Do not lose your Camp Bank Card! Camp Bank will open regularly during camp, and you will need your card to make withdrawals, and keep a record of how much you have left.
All money should be paid by Friday 18th July 2014
Bring also a small amount of money for the journey to camp, but please do not bring huge amounts of extra money, as it is unnecessary and unfair on the other Scouts.

Medical Records

Please make sure you return the parental consent form by Friday 18th July 2014.
It is important because they contain medical information, such as National Health Number, and states whether you suffer from any complaints such as hay fever or food allergies.

Sweets

Parents- please do not send your child with large amounts of sweets, just a few for the journey. Otherwise he/she will end up not eating the food provided, as they will prefer to eat sweets, and be permanently 'hyperactive' because of the large amount of sugar intake. All Scouts will have an opportunity to use their spending money to buy sweets during the camp.

Uniform

Full uniform will be clean, smart, worn and visible, to and from camp and on activities where appropriate
Please remember to bring a hanger so that you can keep your uniform neat and tidy.

Campsite

O.S. map sheet 90, grid reference 464230
The site is a large undulating field on a farm, by some woodland, situated near to Ullswater, Cumbria. The area is surrounded by views of the local hills and the lake. Coniston Water is ideal for canoeing, swimming and sailing.

Programme

Patrols will cook individually on wood fires, and a points system will be run for the Patrol competition, throughout the camp. Each Patrol will be inspected every morning, and points will be awarded for the standard of site, tents, kitchen, stores, and hygiene. Preparation and presentation of meals are also taken into account, with the emphasis on the basics e.g. laying the table and making tea.

In camp activities will include pioneering, gadgets, games, canoeing, swimming, badgework and a camp fire.
We plan to go, Rock Climbing, Canoeing, Sailing, Overnight hike, and a visit to Ambleside Sports.

Personal kit

A full kit list is attached; if you have any problems obtaining any kit, or want some advice, then please ask a leader.
You are expected to wear shorts and trainers in camp, which is the most practical wear in wet or dry conditions.

Home Contact

Your Camp Health Form will have the address where your parents can be contacted during camp, if necessary.
The camp will also have a central contact in Potters Bar, who will be informed of any news that is relevant to parents, and will then contact the parents.

Home contact-
Richard Cartwright, 72 Cranbourne Cresent, Potters Bar, Herts, 01707 663729
Email- richc_82@yahoo.co.uk

Camp Quiz

See if you can answer these questions before we set off. They are about the area in which we will be camping and about some of the camp activities. **During the camp each patrol will be asked to submit an entry to the quiz, and points will be awarded**

1) What is the name of the largest lake in the Lake District?

2) In what county are we camping?

3) What is the highest mountain in the Lake District?

4) Which famous poet was born and lived in the Lake District?

5) What flower did he write about, and for which the Lake District is most famous?

6) Which River flows under the bridge at Pooley Bridge?

7) What does P stand for on an Ordnance Survey Map?

8) What is a tarn?

9) How high is the mountain High Street?

10) For what sweet is Kendal famous?

Chris Brunning
Scout Leader
30 Shillitoe Ave
Potters Bar
Herts.

01707 850359
Mobile: - 07803 154046

SUMMER CAMP KIT LIST

This list contains what the Leaders consider to be the essential equipment for the activities organised to be carried out safely. The waterproof jacket & trousers are life saving equipment in case of bad weather and must be 100% waterproof - not just a fashion statement. If you do not have everything listed below please speak to any leader for advice. The leaders also have a small amount of spare equipment that can be borrowed if arranged in advance. **Please remember that aerosols of any type are banned from camp because of the open fires & danger of explosion. Energy drinks are banned - 'Not suitable for children' is printed on each can!**

We travel to and from camp in **FULL SCOUT UNIFORM**, cleaned & polished hike boots & waterproof coat.

Hike boots - to be worn on the journey
100% waterproof coat - to be carried on the journey
Leak proof water bottle (for hikes)
Daysack (Must have 2 straps, not string)
Large rucksack
6 x 3 Groundsheet or larger if you want
Sleeping bag with a hood
Sleep mat
Woolly hat
Waterproof Overtrousers
2 spare pairs of thick socks
Old plimsolls or trainers to be worn without socks -not for canoeing
Very old plimsolls or aqua shoes for swimming/canoeing
Pyjamas or night wear
4 Pairs of shorts
1 Pair of trousers - not jeans as they are very cold when wet
6 T-shirts
1 Warm jumper for evenings
8 changes of underwear
3 Pairs of thin socks
2 Tea towels
Large towel & swimwear (& goggles?)
Wash kit- (Flannel, soap, toothbrush & paste, brush/comb deodorant-not aerosol)
1 metal plate (***Not plastic as they***
1 metal bowl (***will melt near the***
1 metal mug (***wood fires on which we cook***)
Knife, fork, spoon & tea spoon
Torch with new batteries & a spare set
Personal 1st aid kit
Whistle
Sun cream, Sun hat, After sun cream
3 Plastic carrier bags for dirty clothes
Pen & Pencil
Watch

Optional Personal Kit: -Wellington boots, Gloves, camp blanket, camera, old cagoul & over trousers for canoeing.
Optional Patrol kit - speak to your patrol leader before packing: - Alarm clock, clothes pegs.

i) No Radios , Personal Stereos. & Cameras taken entirly at owners risk.
ii) No responsibility for personal equipment, clothing or effects can be accepted by the Camp organisers and the Scout Association does not provide automatic insurance cover in respect of such items.
v) Mobile phones will be handed in to the Leaders tent where they will be held securely for the duration of the camp.

Everything to be clearly labelled with your name. Sleep mats should have your name written on. Sleeping bags should be in a tight bag to reduce the amount of packing space they take up. . Both sleeping bags and carry mats should be packed inside - not tied to your rucksack - as this makes packing the van easier.
THE LEADERS CHECK ALL PERSONAL KIT BEFORE BEING PACKED INTO THE VAN - DO NOT BE TEMPTED TO LEAVE SOMETHING OUT!

5th Potters Bar
Scout Group

Registered Charity No: 302560

Camp Health Form – Summer Camp 26th July-3rd August 2014

CHILD'S NAME .....

HOME ADDRESS .....

HOME TELEPHONE ..... DATE OF BIRTH .....

Name of a relative or friend who can and is prepared to act for you if we are unable to contact you in an emergency :-

Name: .....Telephone .....

Relation to Child .....

CHILD'S DOCTOR'S NAME .....

ADDRESS .....

CHILD'S NATIONAL HEALTH NUMBER .....

If the answer to any of the following questions is YES, Please give FULL details on the back of this form, including precautions and/or remedies where possible.

Does your son/daughter have any known Allergies or sensitivities ? Eg. Penicillin etc. YES / NO

.....

Is there any food your son/daughter cannot eat for medical reasons ? YES / NO

.....

Does your son/daughter have any known areas of concern of which we should be aware ? YES/NO
Eg. Asthma, Hay fever etc.

.....

When was your son/daughter last given a Tetanus Injection ? .....

In the event of an accident or mishap I give permission for Chris Brunning or another adult nominated by him to authorise an anaesthetic for my son/daughter and to take any other actions as may be necessary in their best interest.

Name of Parent / Guardian ..... Signature .....

Please inform a Leader if your son/daughter has been in contact with any infectious diseases within 3 weeks of the camp.

If your son/daughter has to take any medicines during the Camp, they should be clearly labelled with his name, dosage etc. and be handed to a leader on arrival at our Scout Headquarters.

Please use the back of this form to include any additional information which you feel we should know about your child, Eg Special diet needs other than for medical reasons.