

2nd Woodend - Black Forest Scout Troop

Notes and Tips on Standing Camp Gear List

Don't take too much – it's too hard to look after. The Gear List is a good guide of what and how much to take. Apart from the bed mat/mattress, all your gear should easily fit into a 100 litre duffle bag.

Eating

- If you don't have a Dilly Bag, you can use your library book bag or fold a tea-towel in half and stitch it up the sides. Must be cloth, not plastic.
- Mug, Bowl, Plate - melamine, not china or metal.
- Knife, Fork, Spoon – old ones are fine.

Toiletries

- Instead of soap, take a small tube of bath gel/lotion. Look in the supermarket travel toiletries section.
- A super-absorbent microfibre travel towel takes less space and dries quicker. Available at most camping stores and Aussie disposals.

Clothes

- Pack all your clothes in waterproof bags – stuff sacks or ziplock bags are good.
- One idea is to pack your daily clean underwear and socks in separate ziplock bags with each day written on them. When the clean ones are taken out to wear, the wet/dirty ones can be "zipped up" in that day's bag to take home!
- Warm top - woollen jumper or fleecy microfibre windcheater – one that will keep you warm even if wet. Put in waterproof bag.
- Rain Coat/Jacket (does not have to be expensive but WATERPROOF IS A MUST – an attached rainproof hood is good too)
- Thermals are great for extra warmth – take at least a vest and maybe leggings too.
- Take 2-3 spare plastic bags for wet/dirty clothes

Generally you will not be allowed to wear thongs or crocs around the camp, but they are useful to and from the shower block.

Swimming - DEFINITELY NO bare feet in lakes and rivers – you won't be allowed to swim in bare feet. Get some reef shoes or old "volley" sneakers.

Sleeping

- Sleeping Bag – it's worth getting a good one. The best filling for a child's sleeping bag is not down which does not keep you warm if it's wet, and is hard to clean. The best is a synthetic filling which keeps you warm even when it's wet, and is easy to wash. The rating should be between 0 and -10 degrees. You will freeze with the +10 degree bags, if you get less than -10 degrees rating it'll be too hot in summer. The Australian-made One Planet

brand from Snowgum is good quality and good value for money, but there are lots of others.

- Sleeping bag liners – you can get cotton or silk ones – they provide about an extra 5 degrees warmth and help keep your sleeping bag clean.
- Bed mat – NO blow-up lihos, they don't provide any insulation or warmth, and usually go flat when you least expect it! Self-inflatable ones are best – the thicker the better for standing camps. OZtrail, Roman, Hi-Country are all good.
- Pillow – a small cheap camping one is better than yours from home, or your jumper inside a pillowslip.
- Camp Blanket – should be 80% wool – the Snowgum ones are good.
- Tracksuit for night – handy also as spare clothes. Keep in your sleeping bag during the day.
- You'll need a torch – a cheap LED one is fine. Head-mounted torches can be very useful.

Tips to make your camping comfortable:

Always put away any clothes or gear that you aren't using, in your duffle bag. Then they won't get mixed up with others, and you can find them again. Keep your bag in the driest place you can find.

Do NOT put wet or dirty clothes in your bag with your other clothes unless you have put them into a waterproof plastic bag first. Best to keep them separate altogether.

At night when you go to bed take off your shoes and put them near your head, with your torch in one shoe and your warm jumper or coat on top. Then if you need to get up in the dark, you can reach out and find your torch, shoes and a warm jumper to put on.

Use your jumper as a pillow – it's handy when you need it and provides extra padding for your camp pillow. Put it in a pillow slip if you want.

As soon as you get up in the morning, get dressed and put your tracksuit inside your sleeping bag. Loosely roll up your sleeping bag and pillow. Stack up your mattresses at the back of the tent, put your bags and rolled-up sleeping bags on them. This way your bags and sleeping bags are off the floor, and they won't get stepped on with muddy or wet feet.

Make sure you take a comfortable day pack to carry your water bottle, first aid kit, raincoat, insect repellent, hat, lunch, etc. etc.

NEVER eat inside your tent – it's messy and attracts lots of ants and other creep-crawly insects