

Guides

Guide camp

permit



WE DISCOVER, WE GROW

Girlguiding

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*A big warm
welcome to the
Guide camp
permit!*

Love going camping with your unit?
Ever wanted to go away with some
Guides and be the one in charge? Then
this is the permit for you!

Gather the tents, put on your wellies and
dig out the sleeping bags. Your Guide
camping adventure starts here!



Before you start

Before you get going, you need to do a few things first:

Have your 12th birthday! If you're 12, you can plan and run your camp on the same campsite as your unit camp. If you're 13 or older, you can camp independently of your unit if you'd like to. If you aren't quite 12 yet, have a chat to your leader now so they know you're interested.

Complete the Camp stage four skills builder. You'll also need to take at least two other Guides who have done the same (see **Who else can I take** for more information). If you haven't, you can complete it as part of your preparation. Lots of activities in the Camp skills builder will give you the necessary skills to turn you into an expert camper.

★ Top Tip

If you've printed out this booklet to write in, do it in pencil in case your plans change. You can also complete some of the stage four activities as you're planning for your permit camp. We'll point them out to you along the way!

Have camped at least twice since you've joined Guides. This can be with your family, friends or in guiding.

When you're ready to go, chat to your leader.

- I'm at least 12 years old.
- I've completed the Camp stage four skills builder.
- I've been camping twice since I've joined Guides.

The important stuff

What do I have to do?

You have to complete seven challenges to prepare and lead a group camping for two nights. Each challenge looks at a different area of a camping trip.

You can complete the challenges in any order you'd like, but we recommend starting at (drum roll...) the beginning! Some challenges overlap, so you could do things alongside each other.

We've included some helpful suggestions of how you could complete some of the challenges. But ultimately, it's your permit, so it's up to you!

Who else can I take?

You won't be camping alone – you'll be taking a group of Guides with you! Your group needs to be a minimum of four and maximum of eight, including you.

You need to make sure the majority of your group (including you) have also completed the Camp stage four skills builder. This means if you're taking three other Guides, at least two need to have completed it, and if you're taking seven other Guides, at least four need to have completed it.

My permit group is:

How do I get started?

Chat to your leader to let them know you're interested in completing your Guide camp permit. They can help get you started by finding you a permit mentor.

What's a mentor?

Your mentor will be a leader in guiding who you know. It could be your Guide leader. They will help you complete your permit. They'll be an experienced camper who'll support you and sign off your permit once you're done. So, don't feel daunted by what you have to do. You won't be doing it alone!

Who else?

Apart from your mentor, there are other adults who'll help you complete your permit:

- **Your Guide leader** – (if they aren't your mentor) they'll help you with the budgeting, and maybe even lend you unit camping equipment (if you ask nicely!).
- **Your supervisor** – this is an adult leader who will be nearby when you do your permit camp. You can call on them if you need help. This might be the same person as your Guide leader or mentor.
- **Home contact** – This is a leader who stays at home during your

permit camp. If something happens on camp, they will contact parents/carers and your commissioner for you to let them know what's happened. Your mentor will arrange this for you.

● **Advisers** – there are also adults in Girlguiding who have knowledge and experience of a certain area, and they can help with guidance and support. They can specialise in anything from walking to water! Your local residential adviser will probably be a lot of help during your permit. Your leader or mentor will put you in touch as and when you need them.

My mentor is:

My supervisor is:

My home contact is:

My other advisers are:

Where do you record it all?

You'll need to keep a note of what you've done as you go along. You can do it in this booklet. You can also put together something more detailed if you'd like to. You could do this in any way you'd like – scrapbook, vlog, journal, song, even a mood board ... it's up to you! Have a chat with your mentor to help you decide how it would work best for you and also them – they'll need to look through it at the end to sign off your permit.

Who signs it off?

Once you've planned everything, run your camp, come home (and had a rest - phew!), you can get your permit signed off as completed by your mentor. They'll go through everything with you before you go, at your camp and afterwards to make sure you've done what you need to.

What happens after I've finished?

Once you've done all seven challenges and it's been signed off, you are officially a camping expert!

But the adventure doesn't stop there. You can now plan and run more camping trips for you and the Guides in your unit using your permit. Every time you do a trip you need to follow the same steps as you did in this permit. Ask your

leader to help you with the paperwork and finding a supervisor, home contact etc. There's more information on the Girlguiding website:

**Girlguiding.org.uk/
girlledresidential**

What's next after I leave Guides?

Once you move up to Rangers or become a young leader, you can complete the Lead Away permit. You'll plan and lead a residential with your peers, either camping or indoors. If you've completed the Guide camp permit, there'll be some bits of this you can get signed off at the start. It's a good idea to keep a hold of your Guide camp permit booklet in case you need it to show your Lead Away mentor.

Stay safe!

As part of your camp permit you'll need to do some research online. To keep safe online:

- Don't share personal information.
- Think carefully about things you find online – are they trustworthy? If anything worries you tell someone you trust, like a parent or leader.
- Be wary of unknown links - these can download harmful files. Get permission from your parent or carer before downloading anything.
- If you upload anything remember it can be forwarded to others.



Challenge



Plan

Before you can do pretty much anything else – you need to know some of the basics. After all, you can't go camping if you don't know where or when!



Challenge

1a

What's your camp about?

What's the aim of your camp? What are you hoping to get out of it? For example trying something new.

- Is there going to be a theme? If yes, what? For example, under the sea, outer space.
- What sort of activities are you going to do? For example, swimming, pamper treatments, wide games.

With your group:

1 This is your first leadership challenge – understanding what your group wants and how you can deliver it! You can do this any way you'd like.

Try it this way:

- Choose someone to be the scribe, everyone else get into a circle. Throw an item around the circle and every time you catch

it you need to give an idea of what you want to do or get out of the camp. Are there lots of ideas? The scribe will write all the ideas down, then take a vote on each idea and go with the majority.

- Put out three bowls and label them aims, themes and activities. Give everyone in your group three bits of paper each. Everyone needs to write an aim, a theme, and an activity on each piece and put them into the correct bowls. Pull out one aim, one theme and one activity and read aloud to your group. Keep going until you have several different combos. Decide which one you like best or keep going until you find one you do!
- Play a fun game of charades to suggest aims, themes and activities. Be as imaginative as you can and choose the ones your group are keen to do!

Ideas for camp

| Aims | Themes | Activities |
|------|--------|------------|
| | | |

Challenge

1b

Where and when is your camp going to be?

With your mentor:

1 Have a chat about campsites nearby that could work. Use the table on page 11 to make your notes.

Things to think about:

- How you'll get there (and back!).
- The cooking facilities – will there be a kitchen you can use, or will it be on a campfire?
- What activities you can travel to or do on site.
- The cost. You'll come onto this more in Challenge 2b, but it's good to think about how much your campsite will be right from the start.

2 You've got the place, now you need the dates. Decide when you want to go camping. Bear in mind the time of year (winter camps are fun but cold), the activities you might want to do (ice skating in summer? Maybe not...) etc. Also, make sure you check with your group that the date works for them as well.

My camp is going to be at:

from

to

3 Now is a good time to start writing a kit list. You can add to it as you go along. Have a think about everything you'll be doing – even the basic things like sleeping or showering. What do you want everyone to bring? There are some examples on page 11 to get you started. You can come back to this section once you've done some of the other challenges.

Show your kit list to your group and see if they have any additions.



Challenge

1b

Campsite ideas

| Name | Website | How to get there? | Cost? | Notes |
|------|---------|-------------------|-------|-------|
| | | | | |

| Sleeping | Washing | Eating | Activities | Other |
|--------------|---------------------------|--|------------------|--------------------------|
| Warm pyjamas | Toothbrush and toothpaste | Plate bag (including plate, bowl, cutlery and cup) | Swimming costume | Your favourite card game |

Challenge 1 – Sign off

1a

Date completed

Mentor signature

1b

Date completed

Mentor signature

Challenge

2

Sort

Budgets, paperwork – sound a bit daunting? Don't worry! It's easy once you know how.

Lets
do it!



Challenge

2a

What's your budget?

Going away camping is great fun. But unfortunately, it's not free. You need to decide how much your camp is going to cost. This is called your budget.

You need to know the cost of:

- **Campsite fees.** Campsites normally charge a fee per person, this information should be on their website.
- **Food.** You won't know the exact cost until you've been shopping, but you can work out roughly what it's going to be. If you haven't already, do the **Camp café activity from Camp skills builder, stage four.**
- **Activities.** If you're doing an adventurous activity (see Challenge 7b) then you'll need to pay for an instructor and/or equipment. Most providers will have their costs online.
- **Transport** (including fuel). If you're travelling by bus or train, look up the ticket costs.
- **Supervisor costs** – whilst your supervisor won't be camping with you (they'll be ten minutes away), you need to make sure you can cover the cost of things like their food, and campsite fees in your budget.

- **Equipment hire** – camping or cooking equipment that you need but can't borrow. It's always worth checking with local guiding groups in case they have something you can borrow for free.
- **Contingency** – this is some spare money to be used in case of an emergency. You can decide to take as much as you want.

With your group:

1 It's time to pull your budget together. If you haven't already, do the **Budget builder activity from Live Smart skills builder, stage five.**

Try it this way:

- Give each member of your group a different area to research how much it costs. Come back together and share the costs – is there anything you can do cheaper?
- Create three packages for your group to choose from, ranging in cost. You can call them the bronze (cheapest), silver (middle) and gold (most expensive). Present these to your group and ask them to vote on one. They might want to combine some elements from different packages and create a new one together.

Challenge

2a

● Give everyone in your group ten tokens. Put out some pots with the above cost categories written on them. Ask everyone to put five of their tokens in the pot they want to spend the most on i.e. do they want a really good campsite, great tasty food, or fun activities? Then get them to put three tokens in the one they care about next. The last two tokens, they can put wherever they like. Count up the tokens in each pot. Which one do the group collectively care about the most? Use the results to decide where you want to focus your budget on.



Top tip
Spending lots of money on something won't necessarily make it great! For example, you can spend lots on food, but you can also cook amazing meals with cheap ingredients.

With your mentor:

2 Now you've thought it through, it's time to crunch the numbers. Use the chart on page 15 to decide your final budget.

3 Now, you need to know how much it's going to cost per Guide. The easiest way to do this is divide the

total cost of your camp by the number of Guides coming.

Total cost per Guide:

4 Once you know the final cost, it's time to tell your group and start collecting the money. Show your group your budget sheet and how you came to the total amount. Use the table to track who's paid what. Remember to include yourself!

5 Make sure you pay any bills on time (your campsite fees might need to be paid before you arrive) and keep all the receipts. You could hand out your own receipts to the Guides once they've paid you.

6 It will be helpful to keep track of all the money coming in and out, to make sure you have the right amount of money. Use the table on page 15.

7 Once you get back, make sure you do a final count of the money you've spent. You can give back any you didn't spend to the Guides or, if agreed, to your unit funds.



Challenge

2a

| Cost | Estimated amount | Actual amount |
|--------------------|------------------|---------------|
| Campsite fees | | |
| Food | | |
| Activities | | |
| Transport | | |
| Fuel | | |
| Supervisor costs | | |
| Equipment hire | | |
| Other | | |
| Total costs | | |

| Name of Guide | Amount paid |
|---------------|-------------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |

| Date | What | Amount in | Amount out | Total |
|----------|------------------|-----------|------------|-------|
| 01/03/20 | Fiona's camp fee | £40 | None | £40 |
| 02/03/20 | Fuel costs | None | £30 | £10 |
| | | | | |
| | | | | |
| | | | | |

Sorting the paperwork

An important part of organising a trip away is the paperwork. Forms help you run your camp properly and keep everyone safe.

With your mentor:

1 Ask them to show you the following forms:

● Information and Consent for Event/Activity form

This form to get permission from parents/carers for you and the other Guides to go on your camp and do the fun activities. Your mentor will help you fill in part one, and you then need to give out a copy to all the Guides coming on the camp and ask their parents/carers to complete part two.

● Health Information form

This form makes sure you know about any medical conditions or allergies before you go. Give a copy to all the Guides coming on your trip. You can collect these just before the event, or on arrival. Your supervisor (who will be your first aider) will look after them for you.

With your group:

1 Give out the forms to your group and tell them a deadline of when you want all the forms back. Collect them back in and use the form tracker on page 17.

Try it this way

- Operate a rewards system for the Guides that bring their forms back in nice and quickly. You could give them a treat or a shout out of praise in your unit meeting.
- Hold a competition to see who can get theirs back in the quickest.

★ Top tip

Make sure you thank your home contact and supervisor after the camp – even if you don't end up needing them!

2 Your leader can help you chase any late forms. After the camp, give all the forms to your leader who will make sure they're destroyed as needed.

Form tracker

Information and consent form

| Name | Completed? | Y/N | Notes |
|------|------------|-----|-------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
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Health Information form

| Name | Completed? | Y/N | Notes |
|------|------------|-----|-------|
| | | | |
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| | | | |

Challenge 2 – Sign off

| | |
|-----------------------------|-----------------------------|
| <input type="checkbox"/> 2a | <input type="checkbox"/> 2b |
| Date completed | Date completed |
| Mentor signature | Mentor signature |

Challenge

3

Prepare

Safety just gets in the way of fun, right? Wrong! Staying safe means you have more fun. Discover how to prepare for anything.



Challenge

3a

Plan for emergencies

1 As part of this challenge, you'll need to complete A Safe Space level one training –

Girlguiding.org.uk/asafespace

Safeguarding is what we do to make sure that there is no danger during any Girlguiding event or meeting. The aim is to keep everyone safe by following a few simple steps.

You can complete the e-learning or go to a face-to-face training. After you've finished you can print off or save the certificate, to show your mentor.

A Safe Space level one completed on:

With your group and leader:

2 Hopefully your camp will go smoothly, and you won't need to worry about dealing with any emergencies. But it's always good to be prepared – just in case! There are certain things you need to know before you go.

Try it this way

- Read out the following scenario and ask your group to act it out as you go along, and problem solve together how you would deal with the situation. Your leader will help you.

You're enjoying a nice toasted marshmallow and relaxing on the first night of camp. Suddenly, you realise there's a problem; the running water on the site has stopped working. You need to call someone. Someone pulls out a mobile phone to call your supervisor. But wait – there's no signal! How will you call someone?

Answer:

You've managed to get phone signal on your mobile, so you're saved from having to walk to a landline. Wait – the mobile is out of battery! How could you make sure the phone doesn't run out of battery?

Answer:

Challenge

3a

Oh no! All the Guides on your camp have come down with a case of 'droolitus'. This is where their tongues drool uncontrollably. You need to get help quickly before they turn into big pools of dribble. Who do you call?

Answer:

With your mentor:

3 Chat about the different types of emergency and when you need to call the emergency services, your supervisor, your home contact or the campsite staff. Sometimes it might be all four!

4 You can reduce the likelihood of an emergency by doing a risk assessment. This is where you look at anything that could be a danger (i.e. a risk) and decide how you would reduce it. For example:

It might rain whilst you're on your camp. This would mean the grass would be wet, so Guides are more likely to slip when running on the campsite. The risk is Guides will fall over and hurt themselves more easily. To reduce this risk, you could check the weather beforehand, make sure all Guides bring suitable shoes, and arrange any running games to take place inside if it rains.

Chat about all the risks you think might occur – you can also involve your group. Think about how you will reduce these risks. Your mentor will then help you fill out the table on page 21:



Top tip

As you keep planning your camp you might think of new risks. Come up with ways to reduce them, and let your mentor know so they can add these to the form.



| The risk What could go wrong? | Who could be affected? | How are you reducing the risks already? | How likely is it to happen? High – really likely. Medium – it could happen. Low – it probably won't happen. | How bad would it be if it did? Really bad – someone could be really hurt. Medium – it could hurt someone. Not that bad – it wouldn't hurt anyone. | Do you need to do anything else to reduce it? | What actions will you take? |
|---------------------------------------|--|---|--|--|---|---|
| Windy weather blowing the tents away. | The Guides on my camp, other people on the campsite. | Pegging down the tents securely. | Unlikely (the weather forecast is only light wind). | Medium. | Keep checking the tent pegs to make sure they stay secure, keep the tents weighed down with bags etc. | Make sure the group check the tent pegs, when erecting the tent make sure they pegs are in the ground, check the weather forecast when on the camp. |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Challenge

3b

Set the ground rules

1 Check the campsite rules of where you're staying. Make sure all Guides coming know what they are. Site rules are generally displayed in the campsite office, near the car park or drop off point on campsites. You might be able to find them in advance on the website.

With your group:

2 Agree some camp guidelines you're going to stick to. It might include things like no littering onsite, or everyone making sure they keep their stuff tidy inside the tent, or even some funny things.

Try it this way

- Get everyone to think of one thing they'd like as a guideline and write them down on slips of paper. Stick them altogether on one big sheet. Read through them and remove any duplicates. Is there anything missing? Each think of a fun rule or one that relates to your theme and add these in as well.
- In pairs, take turns to act out something that you think would create a good camp trip environment. Everyone else guess what it is, and then write it down. Do as many as you can think of!
- As a group, take turns to say one word each to come up with different rules. Once you've created a rule, write it down. This can end up with some very weird sentences – so you might need to do a bit of re-writing to make sure they make sense!

★ Top tip

Make sure your guidelines cover keeping things clean and tidy but also being kind to each other and having lots of fun!



Challenge

3b

My camp guidelines:

1

2

3

4

5

6

7

8

9

10

Ask everyone to sign their name on the guidelines. This means they're agreeing to keep to them when on

your camp. Stick them up somewhere on your camp so everyone can see them.

Challenge 3 – Sign off

3a

Date completed

Mentor signature

3b

Date completed

Mentor signature

Challenge

4

Health

Keeping things clean on camp is key to make sure everyone stays healthy. It doesn't mean you can enforce a 'no smelly socks' rule (you can try).



Challenge

4a

Keeping clean

1 When camping you might find things get a bit muddy and messy. Knowing where the nearest clean water supply and showers are is important. This is something you can check with your campsite before you go. There might even be a campsite map you can look at before.

Nearest water tap is:

Nearest toilets are:

Nearest showers are:

2 Make sure you keep the showers and toilets clean and tidy. You might need to take your own toilet paper and cleaning supplies with you.

Challenge

4b

Doctor, Doctor!

1 Hopefully, there won't be any medical emergencies during your camp. But it's always best to be prepared! Before you go, find out the details of:

- Where is the nearest doctor's surgery and local hospital? Give the details to your supervisor.

Nearest doctors surgery:

Local hospital:

- If any Guides are taking any medication or receiving medical treatment. You can ask them to write this on their Health Information form.

★ **Top tip**

You won't need to give out or keep hold of anyone's medication. The Guides coming will need to do this for themselves. But make sure they know to store it correctly; you don't want it getting soggy!

Challenge

4c

First aid

If you've been on Guide camp before, you might have noticed that there's always a first aid kit. This is to help patch up any injuries.

With your mentor:

1 Find a first aid kit you can take. Your unit might have one you can borrow or you can make a new one. Check to make sure it's got everything you need. Find out what to include by searching 'NHS - what should I keep in my first aid kit' online.

If anything is missing, make sure you replace it before you go and once you get back! Use the table on page 27.

With your group:

2 Introduce the first aid kit to your group and decide where it will be kept during camp and everyone knows what's what. Especially when cooking or doing activities, it needs to be nearby!

Try it this way

- Invite a trained first aider to your meeting and bring your first aid kit. Take turns to each take an item out. Each come up with a scenario you might use that item for. For example, the scissors. You might use them to cut bandages or plasters to size, but also for cutting clothes if you needed to. Ask the trained first aider to explain what the items can be used for and how to use them.

★ Top tip

You won't have to do any first aid yourself, your supervisor will be a trained first aider. But it's always good to brush up your knowledge and learn first aid skills. Try the First aid skills builder to help you prepare.



Challenge

4c

Item

Needs replacing before camp?

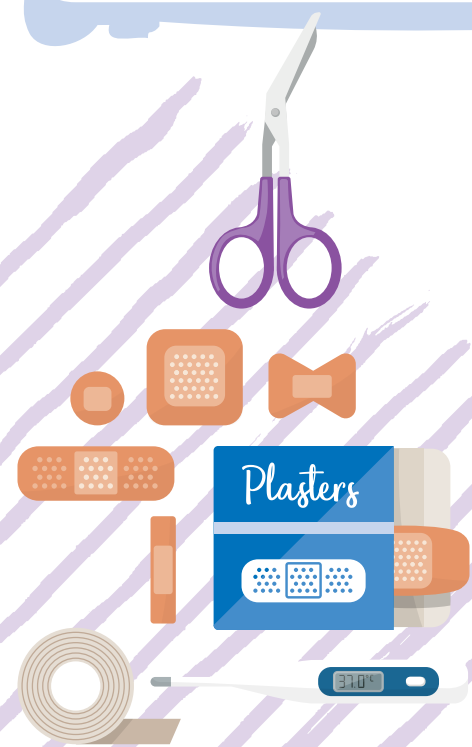
Needs replacing after camp?

Plasters

Yes - more small ones needed

No - none used

| Item | Needs replacing before camp? | Needs replacing after camp? |
|----------|------------------------------|-----------------------------|
| Plasters | Yes - more small ones needed | No - none used |
| | | |
| | | |
| | | |
| | | |
| | | |



Challenge 4 – Sign off

4a

Date completed

Mentor signature

4b

Date completed

Mentor signature

4c

Date completed

Mentor signature

Challenge

5

Food

The real secret behind
happy campers?
Keeping them well-fed!



Challenge

5a

Cooking and storage

1 You can't plan your menu if you don't know what you've got to cook on. First, find out if there are any cooking facilities at your campsite. It should say this on the campsite website. If not, decide how you want to cook. There are several different ways:

Open fire

- Many campsites won't let you light a fire on the ground. This is to reduce the risk of wildfires. You might have to use an altar fire (this is a fire built on a structure raising it off the ground). Check to see if your campsite provides one.

Gas

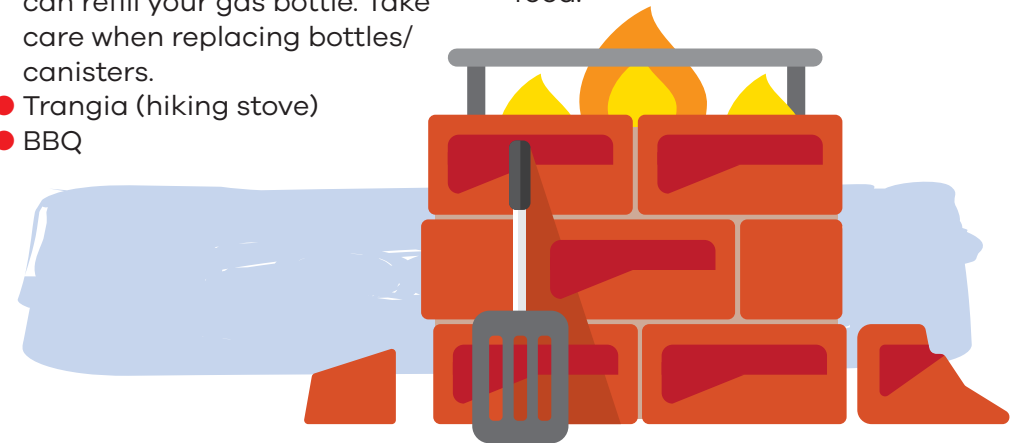
- Check how full your gas bottle/canister is before you leave. Take spare(s) and find out where you can refill your gas bottle. Take care when replacing bottles/canisters.
- Trangia (hiking stove)
- BBQ

Stay safe!

- Never leave a fire unattended and wait until it is fully extinguished.
- Always have a bucket of water/sand/earth nearby to extinguish the fire.
- Never light a fire on peat, under a tree or near shrubs and bushes.
- Tie your hair back and make sure clothes and jewellery are tucked in.
- Be aware of how the direction of the wind could blow your fire.
- Never cook with or leave your BBQ inside your tent. This is a carbon monoxide poisoning danger. Always leave it outside!

With your group:

2 Practice your cooking method before you go. Make sure you know how it works, how to use it safely and how to use it to cook yummy food.



3 After your practice, together make a list of all the cooking and kitchen equipment you'll need to take with you:

Equipment needed:

| |
|--|
| |
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| |

★ Top tip

You might need to get different equipment if your menu changes.

Plan the menu

Now you know how you're going to cook, it's time to plan your menu. You need to cook at least one hot meal during your camp, but other than that it's totally up to you. Will you have three course meals every night? Or perhaps something simpler?

★ Top tip

If you want to order a takeaway for one meal, remember to budget for this. This doesn't count as the one hot meal you need to cook!

With your group:

1 Plan your menu. Before you start, check any dietary requirements with your group:

- Is anyone vegetarian or vegan?
- Is anyone coeliac (allergic to gluten)?
- Does anyone have any allergies? If they do, make sure they write this on their **Health Information form**.
- Are there any other dietary requirements not covered by the above?

You also need to consider:

- What time of year is your camp? If it's winter, taking hot food and drinks with you can help warm everyone up!

- The activities you want to do and when. Do you really want to move around lots after eating a bunch of snacks?
- The cooking method and storage space you've got available. If you don't have access to a fridge or cool box, meat and dairy might be off the menu!
- What you've budgeted for food. Remember to account for snacks. Lots of snacks!

Try it this way

- Hold a menu planning competition. Give everyone in your group the task of creating a menu for one day. Come together and vote on your favourite ones. This is especially fun if you're doing a themed camp. Who can come up with the craziest meal names?
- If you haven't already, do the **Camp café activity** from **Camp skills builder, stage four** to plan what you want to eat. Use the table below for your finalised menu.

| Day | Breakfast | Lunch | Dinner |
|-------------------|-----------|-------|--------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| Snacks and drinks | | | |

Challenge

5b

2 Once you've planned the menu, it's time to make a shopping list! Go through meal by meal and list all the things you need to buy. You can do this either with your mentor or with your group.

Shopping list:

| |
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3 Shopping trip! Before your camp, go on a group shopping trip to buy everything you need. Give every member in the team items to get and all come together at the checkout.

Challenge

5c

Food hygiene

It's really important that when you do cook, you do it hygienically.

With your mentor:

1 Decide how you will store food safely. If you're taking raw meat, make sure this doesn't mix with any other food. The key thing to stick to is keeping hot food hot and cold food cold!

2 Find out how to get rid of your food waste responsibly. Your campsite should be able to give you information on how they do this, so check their website or get in touch.

3 Plan your washing up rota to ensure all your pans, plates and cutlery are sparkling clean after every meal. There's nothing worse than dried food on dirty plates and it might attract some unwanted bugs! Don't forget you might need a washing up bowl, liquid, scourers and tea towels.

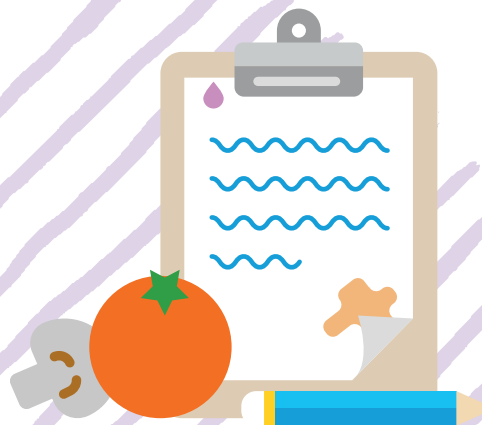


Top tip

If you haven't already, complete the *Healthy camp, happy camp!* activity from the *Camp skills builder, stage four*.

Food storage notes:

Food waste notes:



Challenge 5 – Sign off

5a

Date completed

Mentor signature

5b

Date completed

Mentor signature

5c

Date completed

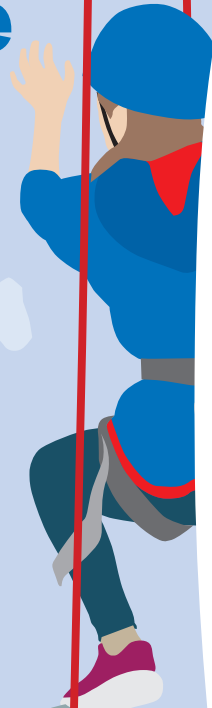
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Challenge

6

Activities

It's time to bring the fun!
Plan your programme
to make sure you get
the most out of
your trip.



Challenge

6a

Plan the programme

What do you want to do at camp?
Think back to Challenge 1a. What
did you decide you want out of
your camp?

★ Top tip

There are two types of activities
you can do on your camp:

- Your activities – like a murder mystery or a wide game.
- Adventurous activities – like white water rafting and abseiling.

With your group:

1 Decide on the programme of
activities. Think about:

- What equipment or clothes Guides would need to bring?
- Some alternatives if the weather isn't suitable.
- Would everyone enjoy the activities? Are they accessible for everyone?
- The cost.

Try it this way

Play activity bingo to create your
programme plans. See if you can
plan a programme that involves as
many of the below ideas as you can:



Challenge

6a

★ Top tip

One activity could cover lots of areas – for example, making smores by the campfire at night.

- Plan your programme to be accessible for your whole group.
- Ask everyone to choose one activity they'd like to organise and then lead. Work everyone's ideas into the programme.

2 Make a schedule of activities using the timetable below.

Think about:

- How long each activity will take.
- What follows what. For example, do you really want to do something super active straight after eating?

| Day | Morning | Afternoon | Evening | Alternatives |
|-----|---------|-----------|---------|--------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |

Challenge

6b

Equipment and instructors

1 Your activities

Now you know what you want to do and when, it's time to sort the how. Do any of them need equipment? Gather together what you need before you go. If anything is broken, make sure to replace or mend it.

★ Top tip

Now is a good time to update your kit list and risk assessment.

2 Adventurous activities

Outdoor sports and activities like canoeing can be really fun and exciting! But you'll need to make sure you plan it properly, or you could end up down the creek without a paddle... quite literally!

With your mentor:

First, you'll need to get permission

from your Guides' parents/ guardians on the **Information and Consent for Event/Activity forms** (See Challenge 2b).

Check the safety requirements and instructor qualifications with your mentor, to make sure everything is as needed. You could also ask the venue or your activity provider for a copy of their risk assessment, which you can then add into your own. Your mentor can help you check the Girlguiding website:

Girlguiding.org.uk/activityfinder

★ Top tip

You might need to train the other Guides on using some equipment, so have a think about the skill level in your group. Let instructors know when you book so they can train your group as needed.

| Activity | Equipment? | Instructor qualification? | Safety standard? |
|----------|------------|---------------------------|------------------|
| | | | |
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Challenge

6c

| Equipment borrowed | Who/where from? | Condition? | Returned? Y/N |
|--------------------|-----------------|------------|------------------|
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Challenge

6c

Looking after your equipment

1 Make sure to return everything you borrowed once you get back. If you're borrowing lots of stuff, it'd be helpful to make a list of who owns what, so you can make sure everyone gets everything back in one piece.

2 If you damage anything you use, especially if you've borrowed it, make a note of this. Make sure you tell the person you borrowed it from and arrange to replace or fix it. Use the table on page 38.

★ Top tip

If you're using anything dangerous like hazardous materials, make sure you read and follow all the safety instructions. Add them to your risk assessment.



Challenge 6 – Sign off

6a

Date completed Mentor signature

6b

Date completed Mentor signature

6c

Date completed Mentor signature

Challenge



Camp

As you might have guessed, the Guide Camp permit involves (drum roll) ... camping! And that means tents. These will be your home for your camp, so looking after them properly is the difference between being warm and dry or wet and muddy.



Challenge

7a

Tents, tents, tents

1 Once you know how many Guides you're taking, you need to decide which and how many tents to take. If you or your Guides haven't got any tents yourselves, don't let that hold you back! Check with your mentor or leader to see if there are any you could borrow.

2 Now you've got the tents, the next step is setting them up. You'll have covered this in the Camp skills builder before, but it's important to practise (especially if you are using different tents!).

With your group:

Organise a gathering with your group to make sure you all know what you're doing before you get there.

★ Top Tip

Why not also take along things to make your camping experience even better, like chairs, tables and a tent to store your food in?

Try it this way

- Hold tent-erecting races. Which team can put their tent up the quickest without any mistakes? Ask a leader to be the judge!

Make a list of all the tents/camping things you want to take:

| What am I taking? | What am I using it for? | Where I'm getting it from |
|-------------------|--------------------------------------|---------------------------|
| 4-berth tent | Sleeping tent for me, Lucy and Sarah | Our Guide unit |
| | | |
| | | |
| | | |

Challenge

7a

- Cracked the putting up? Do the same for striking (taking them down).
- Get into pairs. Blindfold one person who has to put the tent up and get their partner to tell them what to do. If you can put a tent up in the dark you can definitely do it no bother!
- If you haven't already, complete the **Tent beetle activity from the Camp skills builder stage four**.

3 Make sure your Guides know what bedding to bring with them, and how to take care of it. Make sure you add it to the kit list. You can practise this in the **Waterproof! activity in Camp skills builder stage three**.



Challenge

7b

Set up camp

The layout of your campsite is one of your top priorities. After all, no one wants to sleep right next to a loudly flushing toilet and be woken up every time someone needs the loo!

With your group:

1 Decide how you want to set your camp up before you go. Talk through your plan with your mentor so they can make sure it's safe.

Try it this way

- Give everyone in your group a label of a tent or object you're taking. For example, sleeping tent, shower/wash tent etc. and arrange them in your space how you'd like the camp to be. Take a photo or mix them all up and you've got 5 seconds to get back into place. Recreate this once you are on the campsite and voila!
- Draw your dream camp layout and make this into a poster to take with you. If you're doing a themed camp, you can use this to inspire your drawings!
- If you haven't already, do the **Stuck in the mud activity from Camp skills builder stage four**.

Challenge

7b

With your mentor:

You'll also need to think about:

2 The environment. How will you make sure your camp doesn't harm the area around you? You might need to take some rubbish away with you if you can't use the bins on site. Have a think before you go and when you're there, make sure you're being environmentally friendly.

3 The weather. Do you know how to take care of the tents in wind and rain?

4 Tent repairs. Do you know how to do these? You don't want to be stuck in a tent with holes in if it rains! Complete the **Tent Doctor activity from Camp skills builder stage five** to practice.

My camp layout:

Challenge

7c

Strike the camp

| What needs to be taken down | Who's doing it |
|-----------------------------|----------------|
| | |

1 Once your camp is over, you'll probably be tired and ready for a comfy bed. But those tents won't pack themselves up!

To make sure you can do this as quickly as possible, plan how you want to strike (take down) the tents. You could pair people up and give them a tent to strike.

★ Top tip

Some of the tents might still be wet when you need to strike them. Make sure to unpack them as soon as you can when you get home to dry them out and stop them getting mouldy!

Challenge 7 – Sign off

7a

Date completed

Mentor signature

7b

Date completed

Mentor signature

7c

Date completed

Mentor signature



Happy camping!

The finish line!

You've planned and led your camp. Well done! You're really close to finishing your Guide camp permit. Before you do, it's time to reflect on how it went.

1 Firstly, you need to chat to some pretty important people... the Guides you took with you!

Find out what they thought so you can use their feedback to improve what you do next time.

With your group:

Try it this way:

- Create a form they can fill in anonymously and submit back to you.
- Label one end of your meeting space 'loved it' and the other 'loathed it'. Call out some different aspects of your camp such as camping, food, activities, organisation, etc. Ask Guides to stand in the space depending on how they felt about that part of the trip. You can ask them why they feel that way.
- Get everyone from your camp to sit in a circle (you could do this as the last thing on camp). Get an object and call this the 'object of truth' or something equally majestic. Explain that whoever holds this prestigious object must tell the truth about your camp when asked. First, pass it round and ask everyone what their favourite thing was and why. Then ask for something they'd change or improve and why.

★ Top tip

There's no such thing as the perfect camp, so don't worry if any of your Guides didn't like a certain part of yours. You can't please everyone! Use it to improve the next camp you do.

With your mentor:

2 Chat with your mentor about the feedback you've been given. Do you agree? What do you think went well? Anything you loved doing? What about things you'd do differently next time?

This is also a chance to reflect on the new skills you've gained or

developed. Did you surprise yourself?

3 Present back to your unit your experience of doing the Guide camp permit. You can do this however you'd like – make a scrapbook, a vlog, even a dramatic reading!

Once you and your mentor are happy you've done all parts of your permit, they can sign it off as completed. Well done! Your mentor or leader will arrange for your badge and certificate to be presented.

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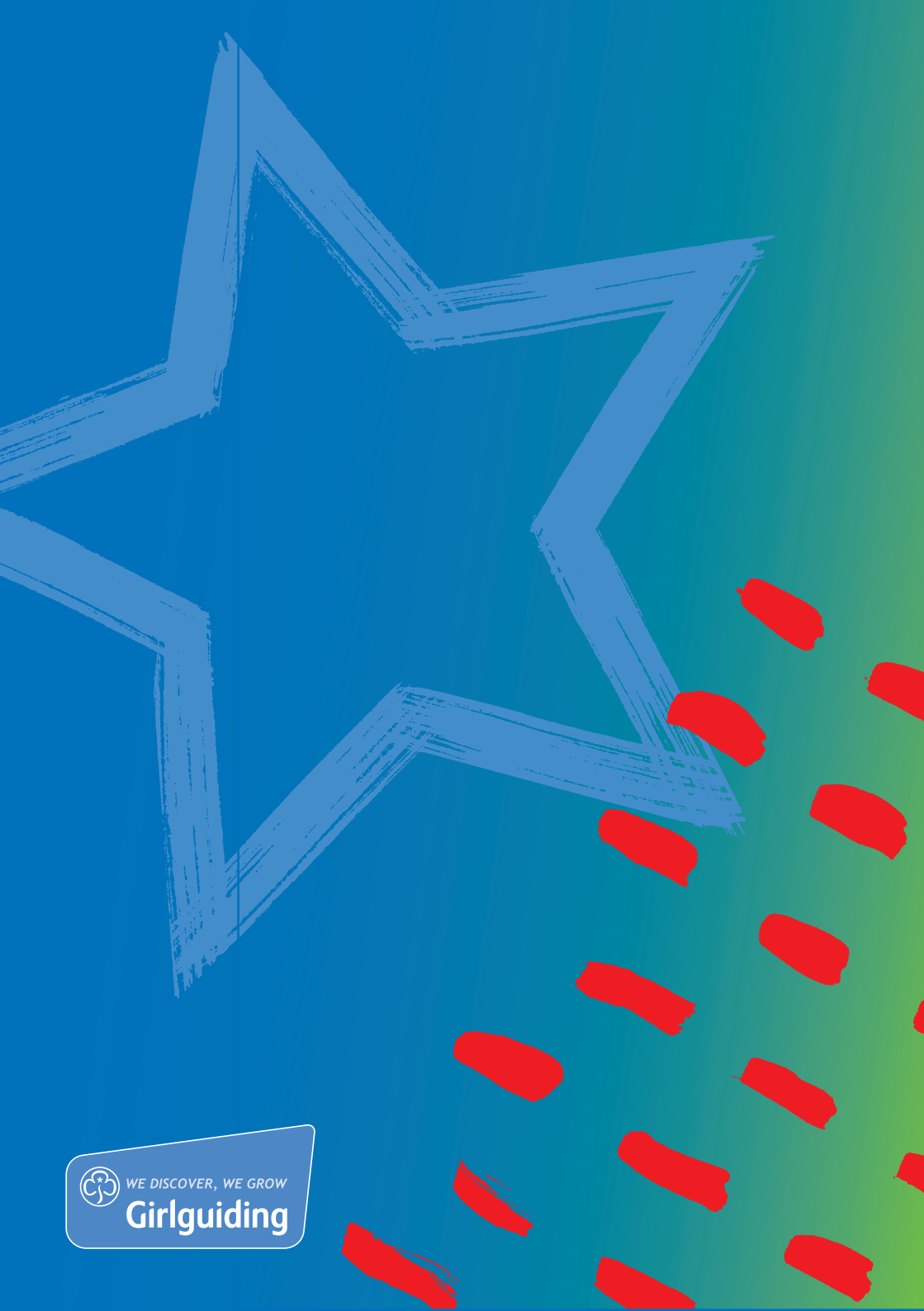
(name of mentor) _____

can confirm that

has successfully completed the Guide camp permit.

Date: _____

Mentor signature _____



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Girlguiding