

Parent information on 3rd Cork Scout Camp.

Please hold on to this information letter.

What to bring?

Please follow the gear list provided with this pack. Follow the list as best as you can. Remember swimming shorts, swimming hats and an old pair of runners.

We have plenty of experience on our scout camp and promise that all you will need is included in this list. It is not the worst thing in the world if you have forgotten to pack something. He will get by!

Program for the Camp

Please see the program sheet attached in the information.

Camp program is something that is discussed by the leaders. It's designed to be incredibly busy with little or no free time in the first week. We usually get up at about 9.30am. After breakfast, morning activities take place with a break for lunch and then afternoon activities. Dinner is a big part of the day which normally takes 2 to 2 ½ hours from start to finish. Each evening there are inter-patrol events followed by a little free time. The troop retires to bed at 11.45 pm each evening.

Sleeping on Camp: I know some of you would be worried about your son not getting enough sleep. This is something that is not a problem on camp. The first night the scouts usually push themselves to stay awake a little late but this is never continued as the program is too busy.

Swimming & Activities: Please let leaders know if your son cannot swim. In saying this I would encourage each scout to take part in the water activities. Once the instructors / leaders know that your son cannot swim then he will be looked after. With all activities your son will not be pushed to do anything he can't!

Note : All activities are run by fully qualified staff and all the gear is provided by the centre. These Activity centre's have excellent safety standards. Your son will be safe!

Pocket money

What we normally do is set an amount for pocket money. This amount is set at the parents meeting. For this year I will be recommending a sum of 50 euro per scout. This will then be given up to the leadership team who will give small amounts out day by day. I have always found this system works extremely well.

It allows the leadership team to access what scouts are eating regarding sweets and chocolate. It also means that all scouts have the same amount of money all the way through the camp.

Home sickness and parental involvement.

Scout camp is a big adventure for any young person and it can be a big worry for parents. Whilst I do understand parents concern at sending your son away for the first time, I must insist that all parents play their part in giving your son the best chance of enjoying the scout camp to the fullest.

By this I would like to ask all of you to be positive.

- **Encourage your son and tell him to enjoy himself.**
- **Do not tell him that he might be homesick.**
- **Leave him know that it's not the end of the world if he forgot to pack something.**

This is my 10th year running scout camp and in my experience homesickness is something that is caused before the scouts get on the bus. I'm very pleased to say that we have had 2 week trips away to France, England and Austria in recent times and had no trouble with home sickness.

The programme for the camp is incredibly busy. There will be activities or something to do at all times. The programme is designed to keep young scouts very busy in the first week. This will help settle them and before they know on the 3rd or 4th day they are used to there surroundings and the people they are with. For me this has always been the best formula to solving any potential homesickness scouts.

Food on Scout camp

The food on Scout camp has come along way from the “bangers and mash” approach. Please see standard menu below:

<i>Standard day menu</i>			
9am	<i>Rise and Breakfast</i>	5.30pm	<i>Dinner</i>
	Cereal, orange juice		Potatoes and Rice
	Boiled Eggs with Bread, jam or Nutella		Carrots and Bean or peas
		two of the follow	: Pork chops , Breast of Chicken Chicken or Beef burgers
			Bread and dessert

1am	Lunch		<i>or</i>	Chicken Curry with veg.
	Ham and chesse Sandwiches / rolls & yougurt			
	Soup, apple, Chocolate bar and crisps		Notes	All our meats are BBQ'ed by
				leaders
			10pm	Supper
				Tea, biscuits
				Soup or Sandwiches

This is another area I would ask parents to encourage their son to eat well and drink plenty of water.

Sun cream

Sun cream is a must on scout camp. It's actually one of the biggest challenges we have while running the camp. Please bring sun cream with a factor of 20 or above.

Medicines

I was a little disappointed with a number of issues regarding medication on camp last year. There were a number of people gave their sons treatments that we did not know about.

Please let us know of any medical issues before the camp.

The parent consent forms are there for this reason. I expect people to fill them in and return them on time.

If you would feel better talking to me about any illness please contact me and we can talk privately.

Money for Camp – Full fee to be paid by next Weekend, please

Please note that all fees are paid up front to the Campsite, Bus Company's, truck and Activity centre so it is not possible for us to refund any deposits at this stage

Parents Day Parents Day this year is on the Middle Sunday

Parents are welcome to the Campsite

Camp Dates

Leaving Saturday, 12th of July 08

Leaving St. Patrick's Church at 10.30am

Returning Saturday, 26th of July 08

Meeting back at St. Patrick's Church 3.30pm

**Scout Camp Location :Petersburg Outdoor Education Centre,
Clonbur, Co. Galway Tel: 353 (0)92 46483**

Contact numbers

I am giving out the leaders numbers so as you can contact us if there is a problem. I would ask that you only phone us if there is an emergency or if you need to something sorted out with your son. Please do not phone and ask to be put onto your son. It is the leader's holidays and our phones are not in anyway paid for by the troop. Getting reception on campsite is difficult but please leave a message on my phone and I will check in 2 to 3 times a day.

Please only contact the Petersburg Activity centre in a case of an emergency. See number above.

First phone call home will be on the first Wednesday after dinner

Contact numbers: Graham Hayes 086 385 40 59 (please contact me first)

Paula Hayes 086 105 38 57

John Maher 086 194 22 85

Eamonn Kiely 087 220 58 86

Yours in Scouting

Graham Hayes

086 385 40 59