

Parent information on 3rd Cork Scout Camp.

What to bring?

List will be provided closer to the camp (Check out website for last years list.)

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 11th 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	<i>Lunch</i>	<i>or</i>	Chicken Curry with veg.
	Ham and cheese Sandwiches / rolls & yogurt		
	Soup, apple, Chocolate bar and crisps	<i>Notes</i>	All our meats are BBQ'ed by
			leaders
		10pm	<i>Supper</i>
			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

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

This form will be given out closer to the event.

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

Money for Camp

We use a campsaving system.

There are 4 to 5 payments that you are asked for over the 6 months.

Payments Month (Last Friday in Month)

€100 End December

€100 End of January

€100 End of March

€100 End of April

€150 End of June

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 after Christmas

Camp Dates

Leaving Sunday, 12th of July 09

Meeting Cork Airport

Returning Saturday, 26th of July 09

Meeting at Cork Airport

Scout Camp Location :Gilwell Park Campsite, London England

Yours in Scouting

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