



Barking & Dagenham



## Cub Programme

May Camp 2005, Thriftwood

### Friday 27<sup>th</sup>

6:30 to 7.30 p.m. Arrive. Assign rooms, stow gear and change.  
Grand Howl, Flag, set up, explore site.  
Rules of Camp  
Activity & Games  
10.00 Supper

### Sunday 29<sup>th</sup>

8:30 Activity & Games  
Breakfast & chores  
Activity & Games  
11:00 Refreshments  
Activity & Games  
12:30 p.m. Lunch & chores  
Activity & Games  
5:30 Tea & chores  
Activity & Games  
7:30 Scouts Own  
8:30 Campfire  
Activity & Games  
10:00 Supper  
Activity & Games

### Saturday 28<sup>th</sup>

8:30 Activity & Games  
Breakfast & chores  
Activity & Games  
11:00 Refreshments  
Activity & Games  
12:30 p.m. Lunch & chores  
Activity & Games  
4 to 7 p.m. Tea (Sixes on a rota)  
Activity & Games  
10:00 Supper  
Activity & Games

### Monday 30<sup>th</sup>

8:30 Activity & Games  
Breakfast & chores  
Activity & Games  
11:00 Depart for Home

# Activities

## *Pioneering*

Split into 3 groups. One leader per group. Each group is shown how to construct a basic tripod and build a simple bridge with rope hand guides

**Estimated Time: 1 hour**

**Equipment Required: Thriftwood pioneering equipment, ropes, gloves**

## *Fire Lighting*

Split into 3 groups. One leader per group. Show the Cubs the basics of fire lighting including what wood to collect, what tinder to use, methods of lighting the tinder and how to build and maintain the fire. Allow them to practice then split into smaller groups and allow them to try and build a fire from scratch.

**Estimated Time: 1 hour**

**Equipment Required: Fire lighting equipment, matches, candles, filled water container**

## *Tracking*

Cubs are to learn the main tracking symbols. They are then to lay down and follow a simple tracking sign trail.

**Estimated Time: 1 hour**

**Equipment Required: Tracking sign sheets and flashcards**

To be run on a rota for 3 hours  
Saturday Morning

To be run on a rota for 3 hours  
Saturday Evening

## *Pack a Rucksack*

Split into 3 groups. One leader per group. Each group is shown how to pack a rucksack. This includes what items to take and where to pack them. Emphasis on weight, position, posture, usefulness and ease of access.

**Estimated Time: 1 hour**

**Equipment Required: Each leader is to bring a rucksack with equipment for a 2 day hike including extra non essential items.**

## *Backwoods Cooking*

Split into 3 groups. One leader per group. Each group is shown how to do some basic Backwoods Cooking. Suggested example is an egg in an orange.

**Estimated Time: 1 hour**

**Equipment Required: Backwoods Cooking equipment: Oranges, tin foil, eggs**

## *Rifle Shooting*

Split into 3 groups. One leader per group. On site activity with our own instructors.

**Estimated Time: 1 hour**

**Equipment Required: Rifle equipment from Thriftwood, Rifle certificates**

To be run as seen fit before Scouts

Sunday

Own at 7:30

### *Shelter Building*

Cubs are shown the basics of shelter building and are split into small teams to try to build a shelter of their own.

**Estimated Time: 1 to 1½ hours**

**Equipment Required: String, groundsheets, gloves**

### *Compass*

Cubs are shown the basics of using a compass including compass directions and simple bearings. They may practice outside

**Estimated Time: ½ to 1 hour**

**Equipment Required: Compasses**

### *Orienteering*

Cubs are to complete a simple orienteering course around Thriftwood using the maps supplied and a compass.

**Estimated Time: ½ to 1 hour**

**Equipment Required: Compasses, orienteering maps**

### *Mini Hike*

Cubs are to follow a basic route using a map. The walk will take them into the park where we will play a game before navigating back to camp.

**Estimated Time: 2+ hours**

**Equipment Required: Maps with route details, games equipment, water**

### *Programme Planning*

**Leaders** are to sit down and plan the details of the Pack Holiday 2005 at Tolmers.

**Equipment Required: Laptop with disc, information pack on campsites, programme outline**

# Games

## *Survival Challenge*

Split into groups. Each group is given a Survival Challenge sheet to complete. It includes collecting information and items as well as answering questions.

**Estimated Time:** ¼ hour

**Equipment Required:** Prepared Survival Challenge worksheets

## *Scavenger Hunt*

Split into groups. Each group is given a Scavenger Hunt sheet to complete. It includes collecting information and items as well as answering questions.

**Estimated Time:** ¾ hour

**Equipment Required:** Prepared Scavenger Hunt worksheets

## *Kim's Game*

25 objects are placed on a 5x5 grid. Teams have to identify what was there and where it was.

**Estimated Time:** ¼ hour

**Equipment Required:** 25 different objects arranged in a 5x5 grid

## *Jail Break*

There are two "cops" and one "jailor". The rest of the people are "robbers". The number of "cops" and "jailors" can vary depending on the number of players. A fairly central location is designated as "jail". The jail should be fairly out in the open and the boundaries definite.

A picnic table can work great as a jail (those in the jail would sit on top of the table).

All robbers are given some designated time to go hide (like hide-and-go-seek maybe 30-60 seconds). After the appropriate hiding time, the cops go looking for the robbers. The robbers usually are not in the same spot all of the time for reasons I will describe in a minute. The cops catch a robber by one of many methods (this is where the variations come into play). The robber may be tagged, hit with a light beam, person identified correctly, or combinations of these. When a robber is caught, they are taken to jail by the cop. The big difference between this and hide-n-seek is, if someone is quick and sly (someone being a robber), they can cause a "jail-break" and let all that are in jail get out of jail. This is done by sneaking up into jail (not being caught by the jailor), stepping IN the jail (or touching the table with both hands), and yelling "JAIL BREAK!" At this point, all that are in jail are FREE. The jailor must give everyone that was in jail and the breaker some time to get away (maybe 15 seconds). Sometimes this game has gone on for hours for one game.

Sometimes it is a fairly short game (but not too often). If you want, you can have the game continue on by having the final (in this example) 3 people to be the cops and jailor.

**Estimated Time:** 1 hour

**Equipment Required:** Torch

## *Radio Wide Game*

3 teams

1 Leader base

1 radio per team + leaders radio

Alpha numeric codes on CDs spread around playing area

Alpha codes spell out secret message (i.e. "baked beans for dinner")

Numeric values on CDs to validate accuracy

Teams set off in different directions to locate codes and radio back to base

Teams leave CDs in place to be collected at end game

"This is Eagle Patrol, disc number 99, code is Quebec, describe location.

Leaders acknowledge transmission and write down message details

Points awarded for number of discs found, correct transmission and solving final message.

**Estimated Time: 1 hour**

**Equipment Required: Radios, CD's with codes on**

## *Storm the Lantern*

A pair of adults take a bright Lantern into the woods and set up a base which the scouts have to reach and give in a life (playing card, string with knot tied in etc). The leaders can record the individual or their patrols for a total score tally at the end. Person/team with highest score wins (obviously!). Anyone who gets thru then returns to the start to get another life and go again. Catch is, you have a team of Ventures/Patrol Leaders trying to catch them on the way and 'kill' them, i.e. remove the life, so that scout has to return to the start and try again.

**Estimated Time: 1 hour**

**Equipment Required: Bright lantern, cards to represent lives**



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Adventure



The Cub Scout must complete these four activities.

1. Know how to prepare for a one-day expedition to the countryside (e.g. correct clothing, footwear, First Aid kit and food).
2. Take part in two outdoor expeditions or journeys with other Cub Scouts.
3. Under adult supervision build and light a fire or use a stove and then make a hot drink.
4. Find their way along a route of at least one kilometre using one of the following methods:
  - a) compass
  - b) map
  - c) landmarks
  - d) tracking signs.



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Outdoor  
Challenge



To complete this Challenge, Cub Scouts should:

- Take part in at least one residential experience (preferably camping) with a minimum of two nights away. The two nights do not need to be 'two in a row'.
- Learn a new skill and use it, for example, backwoods cooking, use of a compass.
- Take part in three new outdoor activities that they have not done before, for example, shelter building, tracking, pioneering, archery, skiing, abseiling.