



Camp@Home

1st – 2nd August 2020

<https://cornwallscouts.org.uk/events/camphome>

All you need to know ...



Lockdown may have changed the way we do things, but it won't stop Cornwall Scouts having a Summer Camp to remember.

From 10am on Saturday 1st of August, the 113th Anniversary of the 1st Scout Camp we hope you will join us in camping at Home or a campsite of your choice with your families and taking part in 24hrs of activities.

We may be apart, but we hope everyone from our youngest Beaver to oldest leader take part with their household. We are planning lots of fun activities and challenges for all your family to enjoy!

This Guide will give you some Guidance of what you will need in order to take part and enjoy the Programme on offer to the full.

There will be a range of activities to participate in, all of which will be live over Facebook, or through the County website. There will also be opportunities to share challenges with each other, a Family Quiz, bedtime Story and a Camp Fire.

Many of the activities will count towards Activity Badges and Challenge Awards and you will also have the opportunity to work towards your @CornwallScouts Scouts at home badge which will have a special addition for those taking part in the Camp at home weekend.

The choice of what your family participate in is entirely up to you! With the exception of the events taking place online the rest of the timetable is entirely flexible and you are free to do the activities as and when you choose to.

Below is an outline of our programme and proposed timetable. We will issue the further details with ideas for each section on the evening of Monday 27th July. This will include activity resources, recipe ideas and logon details, plus hints and tips on how to get the best out of the weekend.

Don't forget we will be live through the weekend so send in your video clips, shout outs and photos to share through the weekend.

All we want you to do is have lots of fun!

Proposed Timetable

Saturday	Activity	What you need
10.00am	Camp Opening	Please wear you Scarf and join us on facebook live as we open camp with our County Commissioner - Gareth Phillips
10.30am	<p>Set up Camp This could be a tent or shelter in the garden or be imaginative indoors – build a fort in the dining room or a den in a bedroom – the choice is entirely yours. All we ask is that the Beavers, Cubs and Scouts, explorers and even parents don't sleep in their bed for the night! Start some of the suggested activities listed below.</p>	<p>The equipment you need will depend on what you have to hand. Please don't feel you have to go to the expense of buying tents. Let imaginations run wild and get creative! Build dens under dining room tables, use blankets, sheets, towels, cardboard boxes ... there are so many possibilities for fun!</p>
11:30	<p>Morning Activities. Check out the website after the 27th July to see the activity ideas for each section</p>	
12:15	<p>Lunch Time Camp fire Pizza These are as simple as a tortilla wrap with your favorite pizza toppings sprinkled on top!</p>	Do not panic these can be cooked on a gas ring or inside on the hob! All you need is a frying pan and a spatula.
13:00	<p>Afternoon Activities Two hours' worth of activities so pick an activity or two off the website.</p>	

<p>15:00</p>	<p>Walking time Can you hit your 10,000 steps for the day. Check out the ideas on the website for things to do but why not go for a walk and collect some wood for your camp fire or go for a Scavenger hunt.</p>	
<p>From 5.30pm</p>	<p>Help Cook Camp Tea We are encouraging all our young people to help with the preparation and cooking of dinner. Some Camp Menu Ideas are listed below.</p>	<p>Again the equipment you use will depend on what you have to had: Fire pit, chimnea, BBQ, disposable BBQ., Camp Stove ... Or Inside Remember to clear up! afterwards!</p>
<p>7.30pm</p>	<p>Camp Fire</p> <p>If you have any songs that you really want to hear then please send us a rendition through facebook. Actions songs are likely to work best!</p> <p>Singing over the internet isn't ideal so we will lead the Campfire from Cornwall Base Camp, with a selection of your submissions. Everyone can then join in from home if they would like to!</p>	<p>Campfire – either sit round the fire you have built in your garden or maybe use one you have made for using indoors – which may work best if the weather is against us!</p> <p>Musical Instruments if you wish.</p> <p>Camp Blankets</p> <p>Campfire snacks Marshmallows – sticks or toasting forks Twists } breadmix, butter, jam, choc Toast } spread Fruit Kebabs</p>
	<p>Family Quiz and Story time! Story time will be recorded so Mums and Dads can decide what time to put your young people to bed! Explorers you can decide for yourselves.</p>	<p>There will be Storytime and a family quiz at the end of the Campfire for those that would like to stay logged on to listen. Bring your Mascot and a Camp Blanket.</p>

Sunday	Activity	What you need
Before 9.00am	<p>Help Prepare Breakfast Examples of a typical Camp Breakfast below.</p>	<p>Again this will depend on what menu you choose. Some of you may like to relight your fire and cook on this but it is also perfectly fine to cook or prepare food indoors.</p>
9:00am	<p>Good Morning Campers – Activity 4 A quick wake up shake up and then the 4th activity you have picked from the website.</p>	<p>As its Sunday you might like to pick an activity with a faith based theme.</p>
10:00am	<p>Scouts own and Camp Close The Camp will Officially Close but as families you will of course be able to continue with any of the suggested activity ideas, how about: Pack up and tidy away your kit and camp area.</p>	<p>Announce the shortlist of competition entries for the Cornwall Scouts at home badge. Beavers, Cubs and Scouts to help!</p>

During the week take the time to plan as a family your Camp Menu and how you wish to cook any of the food you decide you would like to try. There are lots of ideas and suggestions below to help with this.

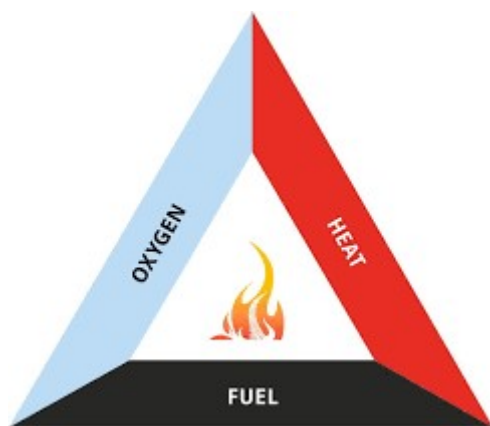
Camp Fire

Below are some recipes and ideas that you may like to prepare and cook at your Camp@Home.

Maybe try something a little different!

All can be prepared indoors or outdoors and cooked on either an open fire, BBQ or in the oven!

An adult needs to be supervising children to ensure that they are safe from any burns, scalds, cuts and other accidents that could happen in the kitchen such as slipping on a wet floor. Particular care needs to be taken around a fire or BBQ. Ensure long hair is tied back and that the cords from hoodies and other loose clothing are tucked away.



Fuel = wood or charcoal

Remember the Fire Triangle

A fire needs oxygen, heat and fuel to burn. Remove one of these elements and the fire will go out.

Have a bucket of water handy in case of emergencies.

Menu Ideas

BBQ

Pitta Pizzas – wrap in foil for BBQ/Fire

Jacket potato with toppings of your choice

Sausage and Beans

Pasta Bolognese

Curry and Rice

Remember to wash your hands before touching food!

Hobo Stew Foil Parcels

This recipe can be adapted to pretty much whatever you have in the fridge and cupboards so ideal for a Camp@Home during Lockdown!

You will need:

- A big piece of foil
- Mince, quorn mince, diced chicken etc - about 100 to 150g or about a burger sized piece (you could even use a ready-made burger)
- Potato - peeled and diced into small pieces
- Onions - chopped (optional)
- Veg - frozen peas, sweetcorn, diced carrots, whatever you like!
- Stock powder,
- Worcestershire sauce – you could also use tomato sauce
- Dried spice mixes, like piri piri or 'steak seasoning', chilli sauce, soy sauce - whatever you fancy!
- Splash of water

How to Make and Cook the Parcels

1. If you're cooking in the oven, preheat to 220 degrees and put a baking tray on the oven shelf. Adjust if you have a fan oven.
 2. Make your foil parcel by piling up your ingredients and scrunching the foil up into a bowl shape. Then add the splash of water before sealing your parcel
 3. If you're cooking on a fire, use a double layer of foil and create a handle.
 4. Cook in the oven or directly on the embers of your fire for about 40 minutes to an hour
 5. Be careful removing from the fire or oven and when opening the parcel which will release steam. It will be piping hot!
- Use an oven glove and ask an adult to help you and also to check that the meat is thoroughly cooked.
6. Place the parcel in a bowl, but eat it out of the foil because it's cool and saves washing up!!



Chocolate Orange Brownies

When we have made these on Camp previously, we have used chocolate cake mix. If this is unavailable use a chocolate brownie recipe like the one below which is enough for 6!

INGREDIENTS

180g Self Raising Flour
135g Muscavado/brown sugar
135g Hot Chocolate Drink Mix
3 small pinches of sea salt
45ml sunflower oil
A handful of chocolate drops
45ml orange juice
3 eggs
6 large oranges
Spurty Gurty Cream to decorate



METHOD

1. Carefully scoop out all the orange from your oranges, taking out 45ml of juice but making sure that you eat the rest of the orange pulp (it's yummy).
2. Put the juice in your bowl.
3. Set aside your scooped-out oranges and their lids (you will need these to cook with).
4. Mix all your ingredients together in a bowl.
5. Stir in a handful of chocolate drops.
6. Take your oranges and 2/3 fill with the mixture (it will rise) and put the tops back on.
7. Wrap your oranges in foil, making sure that you keep them upright at all times! (otherwise the mixture will fall out!) It helps to put your own style of twist with the foil at the top so that you know whose oranges are whose.
8. Put your wrapped oranges in the embers of the fire (or oven), not the flames, so that the cake slowly cooks for about 25-30 minutes. Carefully peak inside – you should see cake mix peeping out of the lid.

Take out of the fire (or oven) and leave to cool for 15 mins (it finishes up the cooking time).
EAT with a dash of Spurty Gurty cream... ENJOY!

Snack Art

You can have fun with healthy fruits, vegetables and other foods by making some art on your plate before you eat! Peanut butter (or spreadable cheese) on celery with raisins on top looks like “ants on a log”— but it tastes great!

What about a beaver made from a watermelon, filled with fruit salad? You can make lots of other great snacks by using different foods and some imagination.



Banana Boats

These have got to be one of the simplest campfire pudding recipe ideas, but they never fail to deliver and make everyone smile.

You can choose lots of different treats too!

INGREDIENTS:

Bananas (1 per person or more if still hungry!)

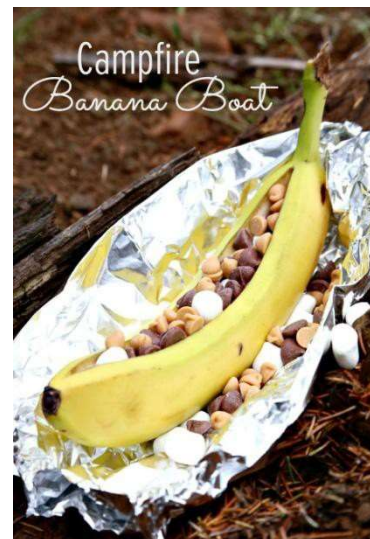
Fruit – strawberries, raspberries

Chocolate pieces or Nutella

Marshmallows, sprinkles, nuts etc

METHOD:

1. Take one banana
2. Slice through, but not all the way through, leaving the skin on, so that the banana can be ‘opened’ length ways. Cut small slices out if desired.
3. Fill with delicious things – fruit, chocolate, marshmallows and nuts
4. Wrap in foil
5. Pop in the fire, or oven, to melt and make yummy
Open and eat when it has cooled down a bit.



Supper Treats

Make a hot drink and settle down by your fire.

Maybe toast some marshmallows – you can always light a candle or tea light and toast them on a BBQ Skewer over the flame.



Marshmallows are made of sugar so exceptionally hot when toasted.

Top Tip - Count to 10 once you remove them from the fire and before eating them!

You could also make S'mores – do you know why they are called this?

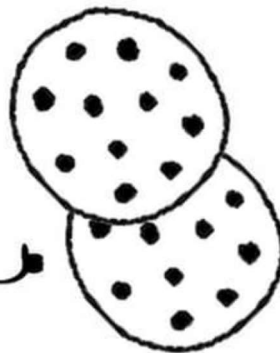
Because you always want Some More after you've had one!

Melt a marshmallow and then place it between 2 chocolate coated biscuits! The hot marshmallow melts the chocolate – delicious!

If you're not using an open fire S'Mores work really well in a microwave!

Smores in the Microwave

For each S'more you will need:
2 x chocolate digestive biscuits
1 x marshmallow



1. On a paper towel place 1 chocolate digestive biscuit (chocolate side upwards).
2. Place a marshmallow on top.
3. Microwave for 10 seconds or until the marshmallow puffs.
4. Carefully remove from microwave and cover with other chocolate digestive.
5. Eat like a sandwich. (Be careful- it will be hot!)



The Night Sky

If it's dark enough and your parents agree, how about some stargazing?

The following Apps are great ... and both free! SkyView

Lite and Star Walk 2.



Sunday Breakfast Suggestions

Sausages, Bacon, Beans, Eggs

Eggy Bread – make a scrambled egg mix, dip bread in it and then fry in a hot pan!

Pancakes

Porridge Pots

Croissants, brioche, pain au chocolat

Dutch Bread – the Scouts loved this last year! Butter bread and then add sprinkles – if you're not sure just Google! It can also be served with yoghurt and fruit.

What Next ...

If you and your family would like to participate in some or all of the Camp@Home activities, please contact your section leader! *

Section leaders please encourage as many young people as possible to take part and sign up your sections via the website.

And don't forget....

To Like and Follow Cornwall Scouts on Facebook so you can keep up with all the action!

www.facebook.com/cornwallscouts

*Where your section is not collectively taking part families may sign up themselves via the website.