

# Outdoor Adventure Club



2<sup>nd</sup> Edition

## Expedition Training Project



## Camp Craft & Camping Weekend

Suitable for



participants

Motivating Young People and raising achievements using outdoor  
adventure.

<b>Activity Name:</b>	Camp Craft and Camping Weekend
<b>Dates:</b>	
<b>Pre-Requirements:</b>	Navigational skills Camping skills and Camp Craft (If camping) Emergency Procedures
<b>Outcomes:</b>	<ul style="list-style-type: none"> <li>• Setting up camp, including site choice and considerations of camp safety, sanitation, water purification and food hygiene.</li> <li>• Choice and use of water filters and water purification options. Provide examples and get hands on practical experience.</li> <li>• How to dispose of human waste and kit needed.</li> <li>• Provide examples and opportunities to select sites, discussing the pros and cons of sites chosen by Participants</li> </ul>

<b>Personal Kit and Items:</b>	
Personal Kit	Personal Food
Spare Clothes Light Footwear Night Clothes Toiletries Tent, Sleeping bag and Mat Stove and fuel	Packet Lunch for Day 1 Lunch Cooked Meal for evening meal. Food for Packet lunch (Day 2) Plate, Cup, Bowel, Knife, Fork, Spoon
All of this kit should be carried in a Rucksack	



**You will get dirty and wet so please come in old clothing**

<b>Programme Agenda:</b>		
Day	Times	Topic
1	10am	Arrive/Setup
	10:15 – 10:45	Re-cap on programme, Rules and expectations
	10:45 – 12:30	Sleeping Bags, Mats and Tents
	12:30 – 1pm	Lunch – Group Pack lunch
	1pm – 4pm	Different camping stoves and safe use of stoves, fuel and areas
	4pm - 6pm	Group Cooking Tea/ Washing and Cleaning up
	6pm - 11pm	Evening Activity 1 – Wood Craft and Night Camp fire
11pm – 9:00am - Night Sleep		
2	9am – 10am	Breakfast (Cereals, Eggs, Bacon and Sausage)
	10am – 12pm	Clothing, foot care and Packing a rucksack
	12:30 – 1pm	Lunch – Pack Lunch
	1pm – 2:30	Pack up and Leave
	2:30 – 3pm	Evaluation



### Contact Details

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Facebook - Outdoor Adventure Club