Outdoor Adventure Club



Expedition Training Project

2nd Edition



Camp Craft & Camping Weekend



Motivating Young People and raising achievements using outdoor adventure.

Activity Name:	Camp Craft and Camping Weekend	
Dates:		
Pre-	Navigational skills	
Requirements:	Camping skills and Camp Craft (If camping)	
	Emergency Procedures	
Outcomes:	Setting up camp, including site choice and considerations of	
	camp safety, sanitation, water purification and food hygiene.	
	• Choice and use of water filters and water purification options.	
	Provide examples and get hands on practical experience.	
	How to dispose of human waste and kit needed.	
	Provide examples and opportunities to select sites, discussing	
	the pros and cons of sites chosen by Participants	

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





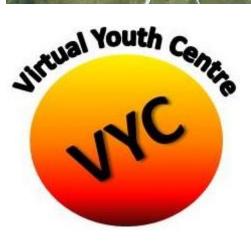


You will get dirty and wet so please come in old clothing

Programme Agenda:			
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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