Camp@Home3 – The Goat's Revenge

Equipment List

24th – 25th October 2020

Issue 1

About the camp!

Although we can't go to camp right now, that's not going to stop Durham Scouts from camping! Our third camp at home experience - **'Camp@Home3 – The Goat's Revenge'** will be taking place in and around your own home. You can build a blanket fort, camp under the dining table, or sleep outside on your balcony or pitch a tent in your back yard. We've got plenty going on over the weekend – so take a look at what's coming up and how to get involved.

Camp@Home3 is open to all. You don't need to be a member of Durham Scouts to take part. Scouts from outside Durham are welcome to join in, as are families with no connection to Scouting.

The Goat

We still don't know who The Goat is, or why it wants revenge. All we know is that quite a number of our activities will have a goat theme.

Contents:

Programme – page 2 to 3

What we've got planned over the weekend, when it's happening, and details about how to take part. Some sessions will need you to register your interest in advance.

Equipment list – page 3 to 6

We've put together lists of your camping, food, personal items and activities equipment you'll need over the weekend. The activities equipment includes anything you might need for sessions you must register your interest for.

Some activities to get you started! – page 6 to 18

If you're keen to get Camp@Home3 started already, or have a spare moment, we've got some activities for you to try!

Programme

We have several events going on over the weekend. Just like a typical camp, we're going to have an online opening and closing ceremony, a virtual wide game and camp fire. Then we'll all meet up online for breakfast on the Sunday, before more activities and our closing ceremony.

Our planned activities are below – and we may have one or two surprise activities popping up over the weekend for you too! Many of these you'll be able to earn badges for, so make sure you document what you do if you'd like to work towards your badges, and share what you've done with your leaders.

The best place to keep up to date with what's going on over the weekend is our Camp@Home Facebook group, but we will also be posting these activities on our website.

Facebook Group: https://www.facebook.com/groups/DurhamScoutsHomeCamp

Camp@Home website: https://www.durhamscouts.org.uk/events/camphome/

Saturday 24th October 2020			
Time	**Event**	**How to join**	**Spaces?**
12:00 to 12:45	Opening Ceremony	Facebook group live stream	Unlimited
13:30 to 14:15	Storytelling with Conrad (1)	REGISTER for Zoom link	25
14:30 to 15:15	Zendoodling – it's all about the goat	REGISTER for Zoom link	50
15:30 to 16:15	UK/USA Linkup (1)	REGISTER for Zoom link	15
16:15 to 17:15	Self-extinguishing fire challenge	REGISTER for Zoom link	250
17:30 to 18:15	Wide Game	Facebook group live stream	Unlimited
18:30 to 19:15	UK/USA Linkup (2)	REGISTER for Zoom link	15
19:30 to 20:15	Camp Fire	Facebook group live stream	Unlimited
20:15 to 21:00	UK/USA Linkup (3)	REGISTER for Zoom link	15
21:00 to 22:00	DUSAGG Quiz	Facebook group live stream	Unlimited
Saturday 25th October 2020			
09:00 to 09:45	Breakfast Club	Facebook group live stream	Unlimited
10:00 to 10:45	Storytelling with Conrad (2)	REGISTER for Zoom link	25
11:00 to 11:45	Zendoodling – the next level	REGISTER for Zoom link	50
12:00 to 13:00	Goat Yoga	Facebook group live stream	Unlimited
13:00 to 13:45	Rhythm Workshop	REGISTER for Zoom link	250
14:00 to 14:45	UK/USA Linkup (4)	REGISTER for Zoom link	25
15:00 to 16:00	Knife Safety & Camp Cooking	Register for Zoom link	250
16:15 to 17:00	Closing Ceremony	Facebook group live stream	Unlimited

Some of the workshops you'll need to register interest for. This is because some spaces are limited, or we need to keep an eye on numbers. You'll need to register your interest using our form, with one form entry for each workshop. We do this to make sure that everyone can attend at least one of the workshops they registered their interest for.

The form to register interest is here: https://rb.gy/myticg

The deadline to register for all these workshops is Monday 19th October 2020 at 12:00. You'll know if you've been successful in securing a space when you receive an email from our team. This email will contain the unique links and details for joining your workshop. You will receive this email by Thursday 22nd October 2020 at 13:00.

We will do our best to open up the form again for last minute workshop registrations if we do not give all the spaces out.

Equipment list

The Camp@Home3 equipment list is in four parts:

1. Camping Equipment
2. Food
3. Personal equipment
4. Activities Equipment

1. Camping Equipment

What camping equipment you will need will depend on how and where you are doing your 'camping' i.e. are you camping outdoors in a tent, inside in a pop-up tent, in a blanket fort etc? It'll be a good idea to check the weather report for the weekend and make sure you're prepared for wet and cold weather if it happens!

You will need:

- Something to sleep in
    - A tent or shelter (or a 'pop-up' tent indoors)
        - A ground sheet (to place underneath the shelter/tent) if outside
        - A bivvy bag, If wild camping outside
        - A blanket fort, if inside
    - A sleeping bag
    - A sleeping mat
- Access to a toilet
- Access to somewhere to have a wash (or pretend to have a wash)

You may also want:

- A camp fire where safe to do so (e.g. a real fire in a fire pit or on cleared ground or a chiminea etc) and suitable fuel
- A camp stove, barbeque or grill to cook on (if cooking outdoors) plus appropriate fuel

2. Food

This is really up to you. We'd love to see people cooking traditional camp recipes, and whether in your kitchen on a camp stove or campfire. The Camp@Home3 programme includes Breakfast Club on Sunday, which you may want to cook along with.

You'll need to cater for the following meals:

- Saturday Lunch
- Saturday Dinner
- Saturday Supper
- Sunday Breakfast
- Sunday Lunch
- Camp Snacks!

Here's some of our favourite traditional camp recipes:

- Cheese Dreams: http://dragon.sleepdeprived.ca/camping/recipes/lunch/lunch_2.htm
- Campfire S'mores: https://realfood.tesco.com/recipes/easy-bbq-smores.html
- Chocolate Orange cake: https://bushcooking.com/recipes/chocolate-orange-cake/#sthash.jKngXpmV.dpbs

3. Personal Equipment

You'll still need your own equipment for Camp@Home3:

- A uniform (jumper/shirt and neckerchief) for the opening and closing ceremonies (members of Scouts/Guides only)
- Suitable clothing for outdoor activities
- Warm clothes to sleep in, especially if camping outside
- Wash kit
- Toothbrush & toothpaste
- A torch

4. Activities Equipment

There's lots of activities going on over the weekend as you know. We've put together a general list of things you might need, as well as lists for the specific activities and workshops you may register interest for. You'll also receive those equipment lists along with the links you need to join for specific workshops.

- Writing pens

- Coloured pens
- Paper
- Something to light a fire with
- Kindling
- Fuel for a fire (wood or charcoal)
- Sticks
- String
- Marshmallows
- Cutlery
- A sharp knife (make sure you know how to use this safely, or use with supervision)
- Tealights
- Old bottles/containers

Zendoodling – it's all about the goat:

- Something to write with
- A piece of paper with 8 squares drawn on it
- Optional: a printed template (available closer to the workshop)

Zendoodling – the next level:

- 2 or 3 coloured pens
- Two pieces of paper
- Optional: a printed template (available closer to the workshop) INSTEAD of the paper

Storytelling with Conrad (both sessions):

- Something to write with
- Paper
- Your favourite book to share

Self-extinguishing fire challenge:

- 3 sticks of the same size
- String or rope
- A balloon
- Some water (to go inside the balloon)
- Tea light
- Something to light the tealight
- Marshmallow on a stick

DUSAGG Quiz:

- Something to write with

Goat yoga:

- Drink of water (goats milk optional)
- Camp blanket (Arabian goat wool woven blanket optional)

- Camp pillow (stuffed goat wool pillow/cushion optional)
- A goat (optional)
- A bucket and spade (only needed if goat brought to yoga)

Rhythm workshop:

- Drums/shakers/any other loud instruments, OR
- Improvised instruments – like empty bottles filled with rice!

Knife safety & camp cooking:

- Camp knife (if you have one)

Some activities to get you started!

Now if you're keen to get started or are looking for something fun to do next, we've got some activity ideas you can start with right away!

Prepare-a-Pumpkin:

Because of the use of knives, younger children should be supervised if undertaking this activity.

Do you know about the fabulous Pap-a-Pumpkin activity we've got planned for the Halloween weekend?

You can find all the details of the event on the Durham Scouts Pap-a-Pumpkin page, but the idea is to

- Put pumpkins out for people to find and to create local pumpkin trails for your sections or groups.
- Go out on the weekend of 31st October / 1st November, take photographs of as many pumpkins as you can using our unique pumpkin map, and upload them to the Pap-a-Pumpkin Facebook Page.

You can use time during Camp@Home3 to start preparing your pumpkin (you can complete it during the half term if you don't finish). For more details visit the Prepare-a-Pumpkin page and download the Pumpkin Carving Instruction Sheet

Flameless campfire:

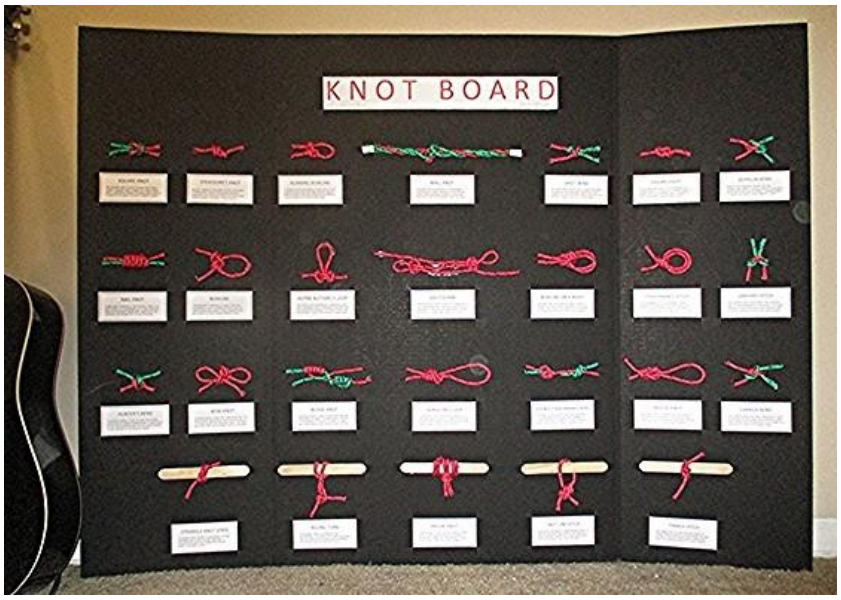
If you can't have an outdoor campfire (or even if you can, but you don't like the cold), why not make a safe, flameless indoor campfire that you can use for the Camp@Home3 campfire?

You'll need a collection of plastic containers or water bottles and a head torch. Ideally these will be different colours to create the best effect, or you can colour the outside of the containers with coloured markers, or fill them with water and add some red or yellow food colouring (be careful – food colouring can stain!).

You'll also need a source of light such as head torch or other small torch or a small lamp (do not use candles or older incandescent light bulbs as these may get too hot and create a fire risk). You could even use the torch on your phone. If you have more that on light and set them to flash that would be great!

So that you can get some ideas, check out the Boy Scouts of America (BSA) Flameless Campfire video on YouTube.

Make a knotting board:



Knots and lashings aren't just for Scout and Guides – everyone should know some basic knots and lashings for everyday life.

For those of you who are in the Scouts and Guides, you may have seen knotting boards like the one shown on the right, but have you ever thought of making your own?

It doesn't have to be big or complex – you can make a smaller version like the one shown below, just showing some basic knots.

Thinking about the requirements for the badges described below, you could make a knotting board showing the knots you need to know to complete some of your badge work.

The Scout Adventures Simple Knots factsheet will show you how to make many of these simple knots and there are loads of other resources on-line to show you how to tie all sorts of knots and lashings.

Once you've made your simple knotting board don't forget to take a photo of it and upload it to the Camp@Home Facebook Group. You can then hang it up in your bedroom to remind you how to tie these simple but useful knots.

If you'd like to get some help from older brothers, sisters or parents, you could try something a little more ambitious such as those shown in this Ohio State University resource sheet.

	Beavers Camp Craft Activity Badge This activity could easily meet the following requirements for part of this badge: 1. Learn how to tie a reef knot. 2. Take part in a small pioneering project.

	Cubs Pioneer Activity Badge This activity could meet the following requirements for part of this badge: 1. Tie a simple lashing. 2. Show how you would: • tie three different knots, such as a reef, figure of eight, sheet bend or bowline • make one hitch, such as a clove hitch, round turn and two half-hitches or a cow hitch
	Scouts Pioneer Activity Badge This activity could meet the following requirements for part of this badge: Name and tie at least six knots and three lashings that are useful in pioneering.
	Explorers Pioneer Activity Badge This activity could meet the following requirements for part of this badge: During your project, demonstrate your ability in: 10 knots, bends or hitches four lashings

Goat facts:

We've all heard about 'Fake News' and hopefully understand the importance of fact-checking online content (especially for children – see https://www.betterinternetforkids.eu/web/portal/practice/awareness/detail?articleId=5994816)

There are some reputable sources for Goat Facts – here are a few:

- 15 Amazing Things You Probably Didn't Know About Goats
- 10 Amazing Facts About Goats
- Fun Facts About Goats

However, what we'd like you to do is to come up with some Fake Goat Facts and post them on the Camp@Home Facebook Group

Come up with a list of five 'facts' about goats – four of them should be fake facts and one should be a real fat - they could be used to share useful information, they could be believable, they could be ridiculous or outrageous

Work as a team and use the Internet to research goat facts, to come up with your own list and to myth bust the 'Goat Facts' below, and those that other people post in the Camp@Home Facebook Group.

Here's our list of 'Goat Facts' – can you guess which one is true?

- Only male goats have horns
- The first goat in space was called 'Galina', which NASA incorrectly translated as 'Felicity'
- Goats have no teeth on their upper jaw
- A goat was once nominated as President of the USA as a protest by Midwest Farmers
- A goat's stomach contains three different compartments

	Digital Citizen Staged Activity Badge (Stage 2) This activity meets following requirements for part this badge: 3. Show that you can spot the difference between facts and opinions posted online.
	Cubs Personal Safety Activity Badge This activity could meet the following requirements for part this badge: 6. Explain the best ways to stay safe while online. • Write down some common sense rules to follow while you are on the internet (fact checking is just one)

Parents may also want to take a look at how the Scout Association Keeps Young People Safe and may want to use the following resources to help their children stay safe online:

- Stay Safe (Beavers, aged 6-8)
- Stay Safe (Cubs, aged 8 to 10 ½)
- Stay Safe (Scouts, aged 10 ½ to 14)
- Stay Safe (Explorers, aged 14 to 18)

Egg carton Halloween crafts:

The link to this idea was posted in the really useful 1st Virtual Scout Group on Facebook, where there are lots of ideas for Scouting from Home – literally hundreds and hundreds of ideas to help Beavers, Cubs, Scouts and Explorer Scouts to have fun and earn some badges even if they can't yet meet face-to-face.

As it's Halloween next weekend we thought we'd also share this idea from the great The Best Ideas for Kids website – Egg Carton Halloween Crafts.

You'll need some egg cartons (or course), some thick paint in different colours (acrylic paint is best), some card, some marker pens and some lollipop sticks, googly eyes etc (the Camp@Home3 Equipment List has all the details).

	Beavers Creative Activity Badge https://www.scouts.org.uk/beavers/activity-badges/creative/ This activity could meet the following requirements: 1. Try a Craft

	Cubs Artist Activity Badge https://www.scouts.org.uk/cubs/activity-badges/artist/ This activity could be one of the three things needed to complete the Cubs Artist Activity Badge requirements

Healthy Halloween pizzas:

It wouldn't be Camp@Home without a recipe and for October we thought that we'd combine some Halloween fun with some healthy eating – and a chance to earn some badges of course.

The BBC Good Food website has a super recipe for Healthy Halloween Pizzas and they only take 20 minutes to prepare and 10 minutes to cook.

Feel free to adapt the recipe to suit – use a prepared pizza base if it's more convenient and feel free to swap around some of the meat or veggie toppings.

The most important things are that

- It's easy
- It's healthy
- It's fun
- It has a scary spider on top!

	Beavers Cook Activity Badge https://www.scouts.org.uk/beavers/activity-badges/cook/ This activity could meet the following requirements: 4. Choose three dishes to prepare and cook. • At least one dish should be savoury and one should be sweet.

	Beavers Health and Fitness Activity Badge https://www.scouts.org.uk/beavers/activity-badges/health-and-fitness/ This activity could meet the following requirements: 2. Learn about a variety of healthy foods and make a snack for yourself using some of these foods.

Egg Drop:

This is one for the older young people, and of course parents and other adults.

All you have to do is to drop an egg from the greatest height possible… without the egg breaking.

You can try all sorts of things – egg parachutes, putting the egg in a padded box, balloons, protecting the egg with foam. For some really good ideas check out the Egg Drop Project on Mark Rober's entertaining and educational YouTube Channel.

You can of course hold some trial runs – depending on how many eggs you have. We will of course expect you to upload a video of your successful egg drop to the Camp@Home Facebook Group showing us that your egg is intact, and telling everyone the height you dropped your egg from.

If you approach this activity from a scientific basis (e.g. (finding out about how the potential energy of the egg increases with height, how this energy is what breaks the egg, and how your protection dissipates that energy, and predicting what will work best to protect your egg) you could meet some of the requirements the Cubs Scientist Activity Badge or Scouts Scientist Activity Badge

	Cubs Scientist Activity Badge https://www.scouts.org.uk/cubs/activity-badges/scientist/

	This activity could meet the following requirements: Interacting with energy • Another activity agreed with your leader
	Scouts Scientist Activity Badge https://www.scouts.org.uk/scouts/activity-badges/scientist/ This activity could meet the following requirements: Option 2 2. Plan and complete three science experiments or activities. Check your plan with an adult first, then for each experiment: • Change something about the experiment or activity and try it again, at least once. Predict what you think will happen and find out if you were right. • Show that you understand the science behind your experiment or activity.

Learn Some Map Skills

Many of the young people at Camp@Home will be able to read a map or recognise some map symbols – there are however a whole load of skills and techniques that are needed to become a successful navigator.

Things like bearings, grid references, scales and contours are also an essential part of many of our activity badges in Scouts, specifically the Staged Navigator Badge.

Luckily the Ordnance Survey have a great set of fun and interactive tools on the Map Skills pages of their website which can teach you a lot of these techniques and help you many of the requirements of our Navigator Badge. If your Scout section is meeting face-to-face we are encouraging outdoor activities, so your leaders could arrange to do some of the outdoor sections of the badge requirements.

If your section isn't meeting face-to-face you could go out with members of your household (please check local restrictions on social mixing outdoors before going out with anyone else)

Whether you're a Beaver or Cub Scouts new to maps and navigation, or a Scout or Explorer Scouts who needs to check your knowledge and keep your skills up to date, the Map Skills pages have some useful content for you.

Navigator Staged Activity Badge

https://www.scouts.org.uk/staged-badges/navigator/stage-2

This activity could meet the following requirements:

Stage 2

1. Learn how to read a four-figure grid reference.
2. Understand how to use the key of a map (map symbols)
6. Learn the eight points of a compass and use them in an activity.

Stage 3

1. Learn how to read a four-figure grid reference.
2. Understand contour lines on an Ordnance Survey map.

Backwoods cooking

Please follow our safety advice for real fires – have a bucket of water handy to damp things down if your fire spreads, and to cool any minor burns. If you are not confident, wear a pair of thick gardening gloves.

If you have a suitable real fire, you could try your hand at some backwoods cooking (note – the word 'backwoods' means remote woods)

Beaver Scouts (aged seven and under) could try making some chocolate bananas – check out the Chocolate Banana recipe from Online Scout Manager. For something different from chocolate buttons what about trying white chocolate, Terry's Chocolate Orange or adding some peanut butter?

Cub Scouts (aged 8 to 10) might want to try making 'Twists' out of a simple dough mixture. Online Scout Manager also have a simple recipe for Dough Twists.

For Scouts, Explorer Scouts and adults, why not cook your main evening meal over the fire, using the Online Scout Manager recipe for Jacket Spuds and Cowboy Hotpot.

All of the ingredients are in the Camp@Home3 Equipment List and if you really get in to this, check out the 1953 Backwoods Cooking Patrol Book.

	Beavers Cook Activity Badge https://www.scouts.org.uk/beavers/activity-badges/cook/ This activity could meet the following requirements: 4. Choose three dishes to prepare and cook. • At least one dish should be savoury and one should be sweet.
	Beavers Camp Craft Activity Badge https://www.scouts.org.uk/beavers/activity-badges/camp-craft/ This activity could easily meet the following requirements for part of this badge: Collect wood and help to build a fire. Cook on a fire or barbeque.

	Cubs Backwoods Cooking Activity Badge https://www.scouts.org.uk/cubs/activity-badges/backwoods-cooking/ This activity could meet the following requirements: 1. Show how to light a fire. 2. Help someone prepare a fire for cooking on. 1. Cook something in the embers of a fire. 2. Cook something on a stick. 3. Show how to make the fire safe when you have finished with it. Extinguish the fire and make the area safe.
	Cubs Our Outdoors Challenge Award https://www.scouts.org.uk/cubs/awards/our-outdoors/ This activity could meet the following requirements: While you're away, do at least two of these tasks as well: c) Cook a backwoods meal
	Scouts Outdoor Challenge Award https://www.scouts.org.uk/scouts/awards/outdoor/ This activity could meet the following requirements: Prepare and light an open fire or set up a suitable stove. Use it to prepare, cook and serve a meal safely.

Goat climb

Back in the days when the County Commissioner was an Explorer Scout Leader he would come up with ideas which at first glance didn't seem safe. However, with a sensible risk assessment and appropriate supervision they could be done safely. This is one of those ideas…

Please be sensible about this. Parents/carers should supervise this activity to ensure that people climb within their abilities and at a level they are comfortable with.

Goats are well known for their ability to climb to unusual places – and hopefully get down again!

For activity number ten all you have to do (and this includes adults as well) is dress up as a goat and climb to an unusual or unexpected place. It doesn't have to be high – it just has to be unusual or unexpected.

Have you ever seen a goat on a washing machine, climbing frame, office chair, workbench or loft ladder? More confident goats can possibly be found on shed roofs, balanced on motorcycle seats or garden walls…

Take some time to prepare your goat costume – make a mask and some horns and wear your best woolly jumper and climb into an unusual or unexpected location.

Get someone to take a photo (or ideally a video of you making goat noises) and upload it to the Camp@Home Facebook Group

Not surprisingly, there are no Scout badges for this activity!