






## County Explorer Scout Camp 2023 Saturday Activities

Please read the following **VERY** carefully

As all always there is a wide range of activities available to the Explorer Scouts on the Saturday of County Camp. We have included descriptions, kit list, required skills and other vital bits of information. Each activity has a description to help you decide your preferences; helping you to make the most of your camp. These descriptions will also be useful to you when you have been given your allocation.

	<p><u>Water Confidence</u> If the activity has this icon you must be confident in water, as these activities may involve being submerged in water.</p>
	<p><u>Food and Drinks</u> If the activity has this icon then you will need to bring a packed lunch and drink(s), minimum of <b>1 litre</b> of drink (not fizzy) to get through a full day of activity. If you are doing a water activity it may be worthwhile bringing a warm drink with you just in case the water is cold! Glass bottles are not to be used. A two strap back pack (or equivalent) must be used to hold your food and drink, a carrier bag or draw string bag are <b>not</b> suitable. Pack lots of food and plenty of snacks, to keep you going.</p>
	<p><u>Change of Clothing</u> If the activity has this icon then you will need to bring a spare change of clothing (including footwear) <b>and</b> a towel as you are probably going to end up wet.</p>
	<p><u>Shooting</u> If the activity has this icon then you will need to provide a parental permission shooting form. Failure to do so will end up with you <b>NOT</b> participating in your intended activity.</p>
	<p><u>All good</u> If the activity has this icon then nothing special is required.</p>

### Personal Kit List

Each activity has its own kit list. The Activity Leader will **STOP** you from attending that activity if you fail to take the relevant kit with you, as your safety is paramount. Your activity leaders have a duty of care for you; PLAY YOUR PART! Full kits lists are at the end of this document.

All specialist equipment will be provided by the activity leader.

### Making your selection

Once you have read all the descriptions of each activity, select your top five that you wish to do. Your leader will then submit this to the county team. We will use your choices to try and select a full day or two half day activities for you; although we can't promise you will end up doing your chosen activities (but we will do our best!). If you pick Hill Walking or Mountain Experience you must also indicate what experience you have so that the correct route is selected for the team. Experience ranges from level 1 to level 3 and are explained with the descriptions.

### Notification of what activities you are doing

Closer to the camp we will send information out to your unit leader giving details of who is doing which activity in your unit. Once you know what activity you are doing it is **your** responsibility to ensure you know what kit **you** need to do that activity. If you are unsure **ask your leader as soon as possible**; then they can advise you or contact the County Camp activity team to get you an answer. Don't expect kit questions to be resolved on the Friday night of County Camp, the activity team are good, but they aren't magicians!

### Activities at a Glance

All the activities for the camp (in alphabetical order). Full descriptions are below.

Onsite Activities	Offsite Activities
Backwoods Cooking Xtreme	Climbing – Full Day
Craft 'n' Create	Climbing – Half Day
Escape Room & Norwegian Crane	Falconry
International Drumming	Go Ape
Splash	Hill Walking
Target Sports	Mountain Biking
	Mountain Experience


### Activity Descriptions

Below are the descriptions for each activity along with the;

- activity icon bar (see the key at the top of this document),
- kit list (see the end of this document)
- duration (whether this is a full or half day activity)


### **Backwoods Cooking Xtreme**

Get out into the wild and relax whilst cooking on an open fire! Backwoods cooking is a method of cooking without the use of kitchen utensils like pots and pans. It takes place over an open fire, so you need to build the fire leaving enough time for it to die down to embers. Here you will learn how to prepare and cook a variety of animals and how to maintain a fire in the wild. A very useful skill to have. This is **not suitable for vegetarians**.

Activity Icon Bar	Kit List	Duration
	A	Half Day


### **Climbing Full Day**

Climbing is a physical and rewarding activity involving climbing rock faces with the aid of ropes and special equipment. The full day climbing is aimed at Explorer Scouts who know how to put on a harness and can belay but want to take their climbing a little further. The full day will see you out on so famous hills and crags, with spectacular views at the top. All specialised kit will be provided but a kit inspection will be insisted upon on this activity.

Activity Icon Bar	Kit List	Duration
	F	Full Day


## Climbing Half Day

Similar to climbing full day, however this activity is aimed at explorers with little or no experience of climbing, a great introduction to climbing. You will get to climb and learn how to belay your friends. All specialised kit will be provided but a kit inspection will be insisted upon on this activity.

Activity Icon Bar	Kit List	Duration
	F	Half Day


## Craft 'n' Create

More than your standard crafting! This fun and creative activity will allow you to design and create exciting camp souvenirs with both old and new methods. A time to meet similar minded friends, whilst allowing your creative freedoms run wild in a mixture of crafty activities. We challenge you to create a design you are truly be proud of.

Activity Icon Bar	Kit List	Duration
	A	Half Day


## Escape Room and Norwegian Crane

The perfect activity for those explorers looking for a challenge and a giggle. Half your time you will be working as a team to escape our very own escape room; solving a series of puzzles as a time to try and escape in the allotted time! The other half of the activity you will be doing a team challenge using a Norwegian Crane.

Activity Icon Bar	Kit List	Duration
	A	Half Day


## Falconry

Prepare to be amazed as you get hands-on with magnificent birds of prey in our range of truly incredible flying experiences. Pull on a gauntlet and fly awe-inspiring birds with our expert falconry team to guide you. Located a short walk away from the campsite, if it's flying birds of prey, we have got the experience for you to remember forever!

Activity Icon Bar	Kit List	Duration
	A	Half Day


## Go Ape aged 16 and over

Go Ape started out as a classic 'tree top adventure' which gives you an assault course in the tree tops. Here you will experience breath-taking scenery, lots of tree-top wires, crossings and obstacles, all finished with a zip wires to the ground. Perfect for people in search of their inner Tarzan. The event comes with a full on safety briefing and training then after you are free to go out into the forest canopy, and swing in the trees. Due to the limit places, Go Ape is reserved for explorers aged 16 and over.

Activity Icon Bar	Kit List	Duration
	A	Half Day


## Hill Walking

Want to experience some of the best views or more remote parts of the area, where you simply can't get to by car? Then this is for you! You will be covering terrain which can include mountains, high moorland, and remote passes. The walk will be aimed at the experience of the party who books on to the event and will be tailored accordingly, but do expect to be out on the hills for five or six hours. A kit inspection will be insisted upon on this activity.

Activity Icon Bar	Kit List	Duration
	B	Full Day


## International Drumming

An exciting new activity for this year's camp! A session on both African drums and samba drums. This activity gives you the opportunity to drum out in the woodlands. The companies lead drum teacher performs regularly at many top international festivals and prestigious events. He also provides drums for cruise ships, recording sessions, film, animation, T.V. and B.B.C Radio 1, 2, 3, 5 live and 6 music.

Activity Icon Bar	Kit List	Duration
	A	Half Day


## Mountain Biking

Mountain biking is a sport which consists of riding specially adapted mountain bikes off-road. This individual sport requires endurance, core strength, balance, bike handling skills, and self-reliance. This is a physically demanding activity. Expect to be out on the trail for 5 to 6 hours and do expect to experience going up and down hills, so knowledge of how to use your gears and brakes is essential. All bikes and helmets will be provided but a kit inspection will be insisted upon on this activity.

Activity Icon Bar	Kit List	Duration
	C	Full Day

## Mountain Experience

Mountaineering is the hobby of hiking and climbing mountains. This will be a steeper climb than hill walking, with the possibility of the occasional climb/scramble. Mountaineering began as attempts to reach the highest point of unclimbed mountains. This activity requires athletic ability, and technical knowledge to maintain safety. Expect a journey that will see you tackle a variety of rock-craft skills, walking, scrambling. Expect to be out on the hills for five to six hours. A kit inspection will be insisted upon on this activity. Select your experience below.

Activity Icon Bar	Kit List	Duration
	B	Full Day

### Experience


<b>Level 1:</b> Participated in the Bowlander or the MAC and has completed a few of the popular walks in the Lake District such as Helvellyn and Coniston Old Man	<b>Level 2:</b> Participated in the MAC, completed a few of the popular walks such as Helvellyn and Coniston Old Man, participated in scrambling and climbing	<b>Level 3:</b> Level 2 plus attended Snow and Ice and has completed Grade 2 scrambles and has climbed Hard Diff graded climbs.
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## SPLASH!

The ideal activity for those who want to be out on the water! You will be able to take part in paddle sports such as canoeing and kayaking.


Canoeing is an outdoor activity that involves you usually kneeling in your boat using a single bladed paddle. If you are new to water sports and have wondered what it is like to have a go at paddling but unsure of the water, then this is a wonderful option for the novice as you have to try very hard to tip the boats over!

Kayaking is where the paddler uses a double-bladed paddle. Basic skills will be taught for people who have never tried this activity before and for those who are more advanced a variety of paddle strokes will be taught to those paddlers who wish to learn more.

Activity Icon Bar	Kit List	Duration
	D	Half Day

## Target Sports

Target sports are about discipline, concentration, patience and focus. This exciting activity will see you participate in one of either rifle shooting or archery, and tomahawk or crossbow. All in the safety of our well-trained volunteers. You will require a signed parent/guardian shooting permission slip and won't be able to participate without this.

Activity Icon Bar	Kit List	Duration
	A	Half Day

## Kits Lists

A	General Activities	D	Water Based Activities
B	Mountaineering Activities	E	Water Climbing Activities
C	Mountain Biking Activities	F	Climbing Activities

All specialist items of equipment will be provided, but if you have your own and it is deemed acceptable there is no problem if you bring it. However, transport for mountain bikes and canoes may be a problem though, so it is not guaranteed that we can accommodate this.

For safety reasons, if people do not have the correct activity equipment – they may be prevented from doing that activity!

**Note:** If you're doing a "wet" activity in the morning and a "dry" activity in the afternoon you will need **TWO** sets of activity gear.

### Kit List A - General Activities

- Waterproofs
- Walking Boots (Essential if you are doing High Ropes and Go Ape!)
- Uniform shirt and necker if you are on off-site general interest activities

### **Kit List B - Mountaineering Activities**

- Rucksack with two straps (no string straps)
- Waterproofs
- Walking Boots (not trainers)
- Flask (hydration pack or water bottle - with at least 1 litre of fluid)
- Warm trousers (no jeans), thermal top, sweat shirt, warm coat (fleece)
- Personal first aid kit
- Torch
- Gloves and woolly Hat
- Emergency rations (couple of "extra" chocolate bars). **Lots of food and snacks for the day.**

**Note:** If the weather is bad, it is good practice to take a spare pair of clothing, footwear and towel in a bag, so you can change once you have finished the activity. It will be arranged that the bag will be kept safe for you and when you are picked up you will be able to change.

### **Kit List C - Mountain Biking Activities**

- Rucksack with two straps (no string straps)
- Waterproofs
- Trail Shoes/strong trainers
- Flask (hydration pack or water bottle - with at least 1 litre of fluid)
- Trousers/shorts (no jeans), thermal top, sweat shirt, warm coat (fleece)
- Personal first aid kit
- Torch
- Gloves
- Emergency rations (couple of "extra" chocolate bars). **Lots of food/snacks for the day.**

### **Kit List D - Water Based Activities**

- Swim clothing or wetsuit [Alternatively: thermal top, sweat shirt (clothing that when wet will not hold large amounts of water), trackster (no jeans), old waterproofs]
- A change of footwear
- Towel

### **Kit List E - Water Climbing Activities**

- Ideally a wetsuit/overalls [Alternatively: thermal top, sweat shirt (clothing that when wet will not hold large amounts of water), trackster (no jeans), old waterproofs]
- Boots
- Change of footwear
- Towel

### **Kit List F - Climbing Activities**

- Rucksack with two straps (no string straps)
- Waterproofs
- Rock boots / Boots
- Flask
- Warm trousers, thermal top, sweat shirt, warm coat (fleece)
- Personal first aid kit
- Torch
- Gloves
- If all day activity **lots of food and snacks for the day.**
- Personal climbing kit [optional]

**Note:** It is good practice to have plenty of warm clothes for when you are belaying.