

Cub Scout Family Camping

Suggestions of items to pack:

Each Person:

Sleeping bag
Sleeping pad (for comfort – foam, cot, etc)
Fork, knife, spoon, plate, cup (1)
Flashlight – with extra batteries
Clothes
Extra Socks
Hat
Appropriate Cub Scout Book
Cub Scout/Cub Scout leader uniform
Pajamas or sleepwear
Jacket, gloves, and warm cap, as required by weather
Durable, closed toed shoes
Canteen or water bottle
Toiletries

Each Family:

Tent
Tent stakes
Rubber mallet
Ground cloth
Camp chair(s)
Bug spray
Sun screen
Toilet paper
Igloo cooler
Binoculars / Telescopes
Nature guides / Books/ Identification Charts
Fishing gear (if fishing is allowed at park)

Note: (1) – It is the Pack's preference that each person use reusable cutlery, cups, and plate.

General Cooking Supplies

Cooking Utensils:

Can opener
Bottle opener
Tongs
Cooking spatula
Hot Pads
Frying Pan / Skillet/Pots
Cutting Board and knife
Coffee Pot
3 large bowls, or tubs – for clean-up (2)
(same size, for easy stacking)

Paper / Plastic:

Aluminum foil
Plastic wrap
Freezer bags – large storage and sandwich size.
Tall kitchen bags with draw strings (for trash and easy hang)
Paper napkins
Paper towels
Plastic silverware, plates, and cups

Basic Cooking Supplies:

No stick canola oil spray
Sugar and artificial sweetener
Coffee
Powdered creamer
Powdered creamer
Hot chocolate packets
Worcestershire sauce
Tabasco sauce

Cleaning supplies:

Dish soap Salt and pepper
Bleach
Plastic scrubber
Sponge

Other Miscellaneous Items:

Matches
Fire starter sticks
Propane Camp stove
Propane Lantern
Extra propane cylinders

Each Den:

Fire Extinguisher and/or Fire bucket
Rainy Day Activities
Safety Notebook (with completed
Med Class 1 forms)
First Aid Kit
Shovel (for fire)
Firewood

Camping Tips for the Den:

- o Keep the boys hydrated – adults, too
- o Keep the boys busy at all times
- Don't allow them to run wild
- Always have an adult assigned to be being in charge
- Have a plan "B" for activities if the weather is bad
- o No pocket knives on campouts before they have earned the Whittling Chip – 3rd grade or older.
- And then only for supervised activities

Suggested Activities for Cub Scouts on Campouts (all supervised):

- o Achievements and electives
- o Hiking and nature walks
- o Knot tying
- o Carving and whittling (3rd grade and older – boys who have earned their Whittling Chip)
- o Prepare and practice campfire skits and songs
- o Helping around the Den campsite:
 - Setting up and taking down tents
 - Cooking
 - Clean-up
 - Leave No Trace
- o Participating in all Pack activities and programs
- o Participating in park or campground organized activities and programs

(2) How to clean dishes on a camping trip – three pot method:**Steps**

1. Smear a light film of biodegradable soap on the outside of your pots before cooking. This will help keep the pots from charring and make clean up easier.
2. Prepare enough water to clean all dishes and pots in one sitting.
3. Boil cleaning water while you're cooking if you have an open burner, or while you eat, on the fire. It's a lot easier to clean cookware right after cooking; otherwise the

food cools and hardens on the inside of the pots.

4. Begin clean up by setting out three pots or buckets:

- Wash pot: contains hot water with a few drops of biodegradable soap.
- Hot-rinse pot clear hot water with a sanitizing tablet or a few drops of bleach to kill bacteria

- Cold-rinse pot: cold water

- Keep the dish water as clean as possible. Scrape plates and pans before washing. Wash cleanest dishes first, save dirtiest for last.

5. Get a scrubbing pad and put some water in the pot and start scrubbing the grime off the sides. (If you do this right after you cook it should require minimal scrubbing unless you completely burned the pot while cooking.)

6. Use tongs to dip dishes in the hot-rinse pot to kill the bacteria.

7. Dip dishes in the cold-rinse pot. This is important because it gets all of the bleach off of the dishes so that they are safe to eat from later.

8. Place the dishes on a clean ground cloth or on a piece of tin foil to drip dry.

9. Let them air dry if you have time; otherwise a paper towel will work. You can hang the dishes in mesh bags for effective, no-touch drying.

10. Dispose of the dirty dishwater by first running a strainer through it thoroughly to remove all of the food particles.

11. Carry the water 200 feet away from your campsite and any water sources, and fling it out in a widespread area.

12. Empty the strainer into a trash bag to carry out with you.

Simple Hand Wash Station:

To make a hand wash station, you will need a bar of soap in a stocking, an empty gallon milk jug (with lid), 2 lengths of rope and a sharp stick. Tie the stocking with the bar of soap inside it to the jug handle. Fill jug with water, put lid on, and hang with one length of the rope at the proper height. Tie the sharp stick to jug handle with the other piece of the rope. Poke the stick into the jug near the bottom, leaving the stick in as a plug. To wash hands, remove the stick, wet hands, rub on bar soap in stocking to lather, and rinse with stream of water from the jug. Replace stick to plug hole when rinsed. The wash station should be good for 20 or so washes before refill is needed.

Knowledgeable adult supervision must be provided when Scouts are involved in the storage of chemical fuels, the handling of chemical fuels in the filling of stoves or lanterns, or the lighting of chemical fuels. The use of liquid fuels for starting any type of fire is prohibited.