



**AQUILA SCOUT
TROOP**

AQUILA WINTER CAMP PROGRAMME

BEFORE THE CAMP

1. Food

- a. Sort out WELL beforehand about what food to cook – what needs buying?
- b. Ideas for breakfast are below

2. Bed

- a. Decide where sleeping indoors (or maybe out).
- b. If you are making a den inside, at least get the stuff together.
- c. Ideas for dens are in Dens.pdf, linked from our [Scouting at Home Page](#) (Winter Camp section)
- d. If outside in a tent or in a shelter / den, make sure you have plenty of bedding: under and over sleeping bag
- e. Check your torch!
- f. If possible, get it all ready BEFORE 7:30 Friday

3. Programme

- a. This is outlined below.
- b. We will have three Zoom get-togethers.
- c. Look at the activities at: <https://www.wintercamp.org.uk/>
- d. Ignore the dates on the website
- e. There are descriptions and instructions for a wide range of activities, often including a video
- f. Choose some you want to try.
- g. For several challenges, you will need to get together some items of equipment. So look NOW and start gathering.
- h. You can do as many or few as you want, but suggest you try a variety.

4. Troop Zoom get togethers

- a. Make sure you have the Zoom log-in information handy.
- b. This is emailed to parents on the Wednesday before.
- c. Saturday evening “Campfire”
 - i. Some people make a “pretend” fire inside. Orange paper for flames etc
 - ii. Instead of campfire sketches, we ask scouts to prepare to tell some jokes.

5. More information

- a. <http://aquila.scout-troop.org.uk> > Activities > Scouting at Home page > Winter Camp section
- b. There are links to Wintercamp website (for activities, Dens.pdf)

AFTER THE CAMP

1. Clear away
2. Report to the Scout Leader: Email or during Zoom or next Friday meeting
 - a. Took part (one or two nights)
 - b. What Challenges (and how you did!)
 - c. Once you have 9 activities, over at least 6 of the areas, we will check you have completed a Great Indoors Badge: see Scouting at Home page for info on these badges

CAMP PROGRAMME

Friday 7:30 pm	Hopefully, you have completed your bed and where it goes Zoom fall-in: Welcome to our camp-in Plans for camp-in: exchange ideas on what to do Hot drink Game Nighty night!	
Saturday 8:00 – 9:00 am	Camp Breakfast Clear up!!!!	Suggestions for SCOUT to cook: look later in this Programme. Cook where you can.
9:00	Opportunity to do some of the Wintercamp activities	Can send photos during this by email.
11:30	ZOOM get-together Compare activities This time is a chance (over Zoom) for leaders to record what activities have been done	
7:30	Zoom Campfire Hot drink: and why not cook a hot dog! Silly jokes Nighty-night	
Sunday	We will not have a Zoom get together scheduled Camp finishes Sunday morning But Scouts can continue doing activities on Sunday, should they wish.	

CAMP BREAKFASTS

FRENCH TOAST

Beat an egg with equal volume of milk.
Soak a piece of bread in it, then fry to golden
Traditionally has maple-flavour syrup on it, but anything goes.

Add a bit of vanilla to egg mix for finer flavour.

PANCAKES (CREPES)

Approximate amounts for batter for 8 pancakes

200 g Flour
400 ml Milk
2 Eggs

Be inventive with what you put on it, after cooking.

TOASTIES

Made individually – amount for one

2 - 4 Slices bread
Marge
Jam or grated cheese
Oil

1. Make a cheese and/or jam sandwich: marge inside like an ordinary sandwich
2. Heat frying pan with VERY small amount of oil
3. Cook sandwich so golden brown each side

CAMP DOUGHNUTS

Half mug flour
1 mug milk
1 egg
4 slices of thick bread
Jam
Oil
2 dsp Icing sugar (or any sugar will do)

1. Make the batter: Put flour and sugar into a bowl. Break egg into flour and mix in with a fork.
2. Add a quarter of the milk and beat until smooth.
3. Gradually add more of the milk and beat in, to get a smooth batter.

4. Meanwhile make a jam sandwich i.e. two bread slices, with generous jam between.
5. Cut off the crusts, then cut into 4 squares. Use flat of knife to press down edges to seal.
6. Dip in batter, so both sides are coated
7. Fry in oil over low heat until golden on both sides.
8. Take out of pan and coat in icing sugar.
9. Cool a bit before eating: hot jam can burn!

MICROWAVE CAKE IN A MUG

4 tbsp self-raising flour
4 tbsp caster sugar
2 tbsp cocoa / chocolate powder
1 medium egg
3 tbsp milk
3 tbsp vegetable or sunflower oil
A few drops of vanilla or orange essence
Choc chips or raisins (if wanted)

1. Add the flour, caster sugar and cocoa powder to a large mug and mix.
2. Add egg and mix as much as you can, but don't worry if there's still dry mix left.
3. Add the milk, and oil and a few drops of vanilla essence and mix until smooth,
4. Adding choc chips, raisins etc. if wanted and mix again.
5. Centre mug in middle of microwave oven and cook on High for 1 1/2 - 2 min, or until it has stopped rising and is firm to touch (possibly longer in a low wattage microwave)

TRADITIONAL ENGLISH

If you really want to pig out: Some combination of
Egg
Sausage
Bacon
Mushroom
Beans
Tomato
Fried bread
Black pudding
...but remember the shopping billand it all must be cooked!

CAMP COOKING AT HOME

Marshmallow on candle. Simple, but use only white, unscented candle or tea-light.

Sausage on a stick. Suggest partly frying sausage first, to ensure it gets cooked through.

Baked potato: in embers wrap in foil or in oven Toppings to taste!

Choccy twists (needs flour: oh, dear) Flour and water to stiff dough. Mix in some choc chips (or broken choc). Make into a thin sausage and wrap around end of skewer.

PIZZA ON A STICK

- 1 Pack of wraps
- 1 Jar pasta sauce (smooth best)
- 2 grated mild cheese

Larger wraps make 4 mini pizzas, smaller wraps make 3.

1. Cut sides off wrap
2. Spread tomato, then cheese
3. Roll up tightly, then cut into 4 pieces
4. Put skewer through each roll, making sure that the roll stays tight
5. Cook over embers so cheese is melted

BAKED APPLE

Eating apple
40 x 20-cm squares of foil
Sultanas or raisins
Golden syrup
Marge
Granola
Squirty cream

Probably best done in the oven, unless a good barbecue or fire embers.

Most additions optional – be inventive

1. Cut apple into about 8 pieces (Can be peeled first, if fussy!). Remove core
2. Double over foil.
3. Place lump of marge in middle, then apple pieces, skin down).
4. Add sultanas (optional), then pour some syrup over. (or could just use a bit of sugar)
5. Fold over foil to seal.
6. Cook in hot embers until apple is soft (about 15 minutes).
7. Optional toppings: Sprinkle granola and Cream is good!

BAKED BANANA

Per person:

- 1 Banana
- 3 Marshmallows
- 3 - 4 squares chocolate
- 1 20-cm square of aluminium foil

Mini Mars or similar can be used for filling.

1. Cut sharp stalk end off banana
2. Slice banana lengthwise, going through inside skin and flesh, but NOT other skin
3. Prise sides apart enough to put in alternate marshmallow and chocolate.
4. Centre on foil and fold foil up over banana.
5. Roll foil down, then fold in sides to make a SEALED foil pack: it is important that foil is not damaged.
6. Bake on embers, approximately 10 minutes and turn over if possible. When cooked, the banana feels soft.