



## Aquila Starnight Friday – Saturday 24 – 25 June

### OVERVIEW

This will be at Phasels Wood campsite, which is a scout site near Hemel. It is Friday evening to Saturday morning. Exact times are given below. We hope that scouts will sleep “under the stars”, so in the open on what we hope will be a tranquil summer night. There will be “tarp” shelters and tents should the weather be less than perfect, but if the weather is very bad we will not do this activity.

On the Friday evening, we will build a wood fire to cook supper (hot dogs or similar). Saturday morning we have a fire for a simple breakfast. We will then have wide games.

There is no charge for this activity, but please email me, if your scout wants to come. We hope we can take all that wish to come, but we cannot guarantee it.

### LOCATION, TIMES ETC

See opposite for precise times, location etc

We will not have a “pre-meet” in St Albans before leaving. Hopefully Scouts can arrange a lift each way (about 20 minute drive – see the map). **As usual, if spare seats or short of a lift, contact me** a few days ahead.

I will post on the website “Stop Press” page by 5.30 on the Friday any last minute changes, particularly if the weather is dubious.

Please will those parents, who are bringing scouts home **from** Camp, be at the campsite by time stated below. Please do not take scouts away from the site until the final “fall in”, which will be after all equipment is loaded and the site cleared and checked.

### PERSONAL KIT

Because of the nature of this activity, Scouts **MUST** have a groundsheet of at least 2 × 1 metres (6 × 3 foot), a decent sleeping bag, camp mat and blanket.

The camp mat must be separate from the ground sheet. If the sleeping bag is thin, then an extra blanket, which will cover the whole bag, might be a good idea.

Other personal equipment and clothes, apart from those being worn to arrive, are in the list.

**No uniform is needed.**

### HEALTH AND PERMISSION FORM

Please complete this form and return a paper copy to me by date shown below. The form, already completed for the Spring Camp, can be re-used, but a parent must amend, if needed, and sign again. Only paper copies accepted.

### QUESTIONS

If you have any questions about the camp or uncertainty about an item of equipment or clothes, please contact me.

[scout-leader@aquila.scout-troop.org.uk](mailto:scout-leader@aquila.scout-troop.org.uk)

<b>Dates</b>	24 - 25 June 2022
<b>Location</b>	Phasels Wood Scout Camp Site, near Hemel
<b>Emergency Contact</b>	My mobile: contact the Scout Leader (or see emailed Newsletters)
<b>Health and Permission form</b>	Hand in by Friday 17th, - but not needed if at Spring Camp.
<b>Arriving</b>	Arrive a camp site 6:30 p.m. Friday: let me know if going to be late
<b>Driving from Camp?</b>	We leave the camp site at 12:00 p.m. on Saturday. Please be at the camp by 11:50 at the latest
<b>Return</b>	12:30 p.m. at the Scout Hut
<b>Extra information for this activity</b>	None
<b>Pages in this document</b>	Total: 4 Final information Kit list Directions to site H&P form

## KIT LIST

This is suggested as a basic, general list of personal camping equipment and clothes. Please look at the Troop website for extra guidance.

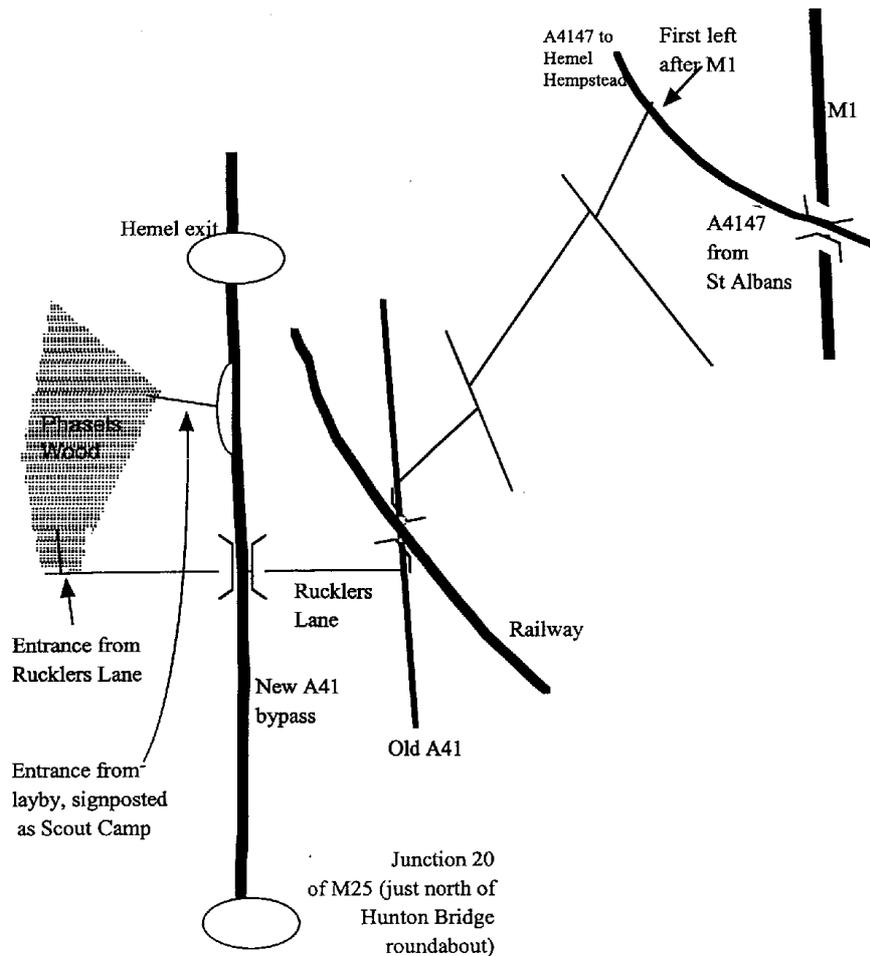
We suggest that you print off a copy for your scout to tick off items as they are packed.

<b>PACK</b>	Framed backpack or other bag			
	Plastic carrier bags (coloured)			
<b>NIGHT</b>	Sleeping bag			
	Microfibre or thermal liner or Blanket(s)			
	Groundsheet (essential)			
	Camping mat			
	Nightwear			
	Small pillow (optional)			
	Torch			
	Spare batteries			
<b>CLEAN AND TIDY</b>	Wash kit in bag			
	Towel(s)			
	Personal first aid kit			
	Insect repellent			
	Sun screen			
	Handkerchief / tissues			
<b>EAT</b>	Knife, fork spoon (unbreakable)			
	Plate, bowl, mug (Unbreakable)			
	Tea towel			
	All in bag			
<b>FEET</b>	Trainers (if not wearing to camp)			
	Hiking boots (if not, then wellies)			
<b>CLOTHING</b>	Cagoul / waterproof jacket			
	Complete change of clothes			
	Sun hat (optional)			
	Extra, Warm top			
<b>OPTIONAL</b>	Penknife			
	Watch			
	Personal mascot			
	Reading book			
<b>JOURNEY</b>	Wear Camp clothes (no uniform)			
	Trainers (or wear boots and pack trainers in main bag)			
	Medications (Hand in at start)			

### Notes:

1. All items should be labeled with the Scout's name
2. Clothes should be packed inside plastic bags within the backpack (or other bag)
3. Bring plenty of warm, loose-fitting clothes. Several thin layers are better than one thick one
4. Scouts will be allowed to use a penknife only under adult supervision until they have passed the knife safety test. Penknives must be kept in the Scout's bag, except when in use. Sheath knives are NOT allowed on any scout activity.
5. Please ensure your scout knows what is in the bag!
6. A tracksuit makes good night wear at camp (but should be extra to other clothes)
7. The Group cannot accept responsibility for damage or loss to personal equipment or clothing, although we will make every effort to ensure that none occurs. We do not have insurance cover in respect to such personal items.
8. Radios, other electric music makers, game players and similar are not allowed.

## DIRECTIONS TO PHASELS WOOD SCOUT CAMPSITE



Get onto A41 at M25 junction 20. The main entrance to Phasels is signposted in lay-by off north carriageway. Drive through woods to car park at far side by camp buildings.

The Entrance from Rucklers Lane is CLOSED

**Address:** (Note post code is apparently no good for satnav)

Phasels Wood Scout Camp Site, Rucklers Lane, Kings Langley, Herts. WD4 9NA

**Grid reference:** Main entrance TL 054 042 (5054 2042)

## 18th St Albans Aquila Scout Troop - Health and Permission form

<p>The parent or guardian of the named scout must complete this form. It gives responsibility for your son/daughter to the Leader in charge of this Activity.</p> <p>Use a separate sheet for extra information if necessary, but attach to this form.</p>	
<b>Activity, location and date</b>	Starnight (if Scout was at Spring Camp, no need for another form)
<b>Scout's surname</b>	
<b>First name</b>	
<p>At the start of the activity, please inform the Leader:</p> <p>1. If your scout has been in contact with any infectious disease, within 3 weeks of departure.</p> <p>2. If your scout is bringing any medicine, this should be handed to the Leader at the start of the Camp, labeled with Scout's name. The dose should be recorded on this form. Any changes to medications should be reported ON PAPER at the start of the Activity.</p> <p>3. If your scout is undergoing any current medical treatment, giving details of the appropriate hospital or doctor concerned.</p>	
<p>Please note that leaders take photos of the various activities at Camps: I give permission for this. (If not please, cross out the paragraph)</p>	
<p>I give permission for my son/daughter to attend this Camp. In the event of illness or accident requiring emergency hospital treatment, I authorize the Leader to sign any form of consent required by the hospital authorities, if the doctor concerned considers the delay required in getting my own signature unadvisable. I understand that the Leader reserves the right to send any Scout home should the need arise.</p>	
Scout's date of birth	
Parents/guardians names	
Scout's home address	
Post code	
Telephone number	
<p>Address and telephone where a parent may be contacted during the period of the Activity, if different from the above home address:</p>	
Scout has <b>Mobile phone</b> at the activity? Write phone number	
<b>Travel:</b> Indicate whether you can drive TO or FROM campsite and total number of Scouts (not names).	(does not apply to Summer Camp)
NOT travelling at the times in activity information? Give time of drop off or pick up at the activity and who will be picking up.	
My scout <b>is</b> a strong swimmer (50 metres) (Yes/no)	No swimming at this activity

Health and Medical Information		
Scout's National Health Number:		
Name of Scout's doctor:		
Doctor's address:		
Doctor's telephone:		
If your scout has been immunised against tetanus within the last ten years, give date, if known		
<p>Indicate any relevant points about your scout's health, including:</p> <ul style="list-style-type: none"> <li>•Allergies or sensitivities (e.g. to penicillin, aspirin)</li> <li>•Disabilities (e.g. travel sickness)</li> <li>•Any dietary restrictions</li> </ul> <p>Give full details of precautions and remedies. List below medications that will be taken.</p>		
<b>Medications:</b>	Medication 1	Medication 2
Write the name of each medication		
Reason for medication (ailment etc)		
Precise dose, including amount and frequency (or the conditions that would require the medication)		
	Medication 3	Medication 4
Write the name of each medication		
Reason for medication (ailment etc)		
Precise dose, including amount and frequency (or the conditions that would require the medication)		
<p>I give permission for the Leader to give up to two appropriate doses of non-prescription painkiller (paracetamol, ibuprofen), if we cannot contact you by phone. After that, parent permission will be sought by phone. Add "yes", if so, with any limitations beyond what is written here. <b>A blank will be considered as being "no permission"</b>.</p>		
Parent's/guardian's signature <i>(original signature)</i>		
Date		