

## Infopack 3 May 14<sup>th</sup> 2014-05-12 **PAST-PRESENT-FUTURE** Debden Family Camp 2014

Dear Campers, thank you for booking your place on this year's District camp at Debden. There is a small amount of information to be given out:

1. Camp will start on Saturday May 24<sup>th</sup>. Please arrive as early as you can because you will need to be registered in and have a tent erected before the opening circle. **Opening Circle is at half past ten.** There will be a single collection of public transport users from Theydon Bois station at 9:15 sharp.
2. Everyone needs to bring some cake for sharing for Saturday's lunch.
3. A kit list is attached.
4. A medical form is attached, this should be completed and brought to registration on Saturday morning.
5. If you have any questions please ask a Group Leader

### Kit List

- Ideally children should pack their own bags. If this is not practical then they should be present so they see where things are in their bags. All the kit should fit in one bag.
- Clothes should always be packed in plastic bags inside main bag to keep them dry.
- We suggest that complete sets of clothes for one day are packed in separate carrier bags so that it is not necessary to rummage too much. Tents quickly get disorganised.
- It is really easy to lose things at camp. Items with names on will be returned if found.
- Plates, cups and cutlery are particularly easy to mislay. Nail varnish marks most things for a longish time. Names are better than initials or blobs! If possible send a spare spoon – most things can be eaten with a spoon!
- Plates etc are best kept in a cloth bag. Plastic keeps the damp in.

✓ <b>Sleeping bag</b>	✓ <b>Hairbrush/comb</b>
✓ <b>Carry mat –sleeping mat (available from camping shops)</b>	✓ <b>Sun screen cream (high factor)</b>
✓ <b>Pyjamas</b>	✓ <b>Sun hat</b>
✓ <b>Torch &amp; spare batteries (rechargeable are best for the environment –we can recharge them!)</b>	✓ <b>Insect repellent</b>
	✓ <b>Socks (plus spares)</b>
	✓ <b>Underwear (plus spares)</b>
	✓ <b>T shirts/shirts</b>
✓ <b>A cloth bag (drawstring or long handled) containing:</b>	✓ <b>Shorts (for daytime wear)</b>
✓ <b>Plate, bowl, mug [all unbreakable]</b>	✓ <b>Long trousers (for night-time wear)</b>
✓ <b>Knife, Fork &amp; Spoon</b>	✓ <b>Warm jumper/s or fleeces</b>
✓ <b>Tea towel</b>	
✓ <b>Wash Kit (inc. toothbrush)</b>	✓ <b>Coat</b>
✓ <b>Towel</b>	✓ <b>Strong shoes/hiking boots</b>
✓ <b>Waterproof coat/trousers</b>	✓ <b>Wellington boots (good for mud but not for hikes)</b>
✓ <b>Folk shirt (if you have one)</b>	✓ <b>Trainers/sandals</b>
✓ <b>Swimsuit</b>	✓ <b>Day-sack/small rucksack (for hikes)</b>
✓ <b>Bottle or flask (for carrying drinks)</b>	✓ <b>Carrier bags/bin bag for dirty/wet clothes</b>

Pocket money: £1.50 for tuck shop

*Do not bring handheld computer games, ipods, or other electrical entertainment devices. They don't like getting wet & we can have fun without them!*

*Please please please no sweets, biscuits etc.*

*Lots of sugar = late nights = tired leaders + tired and grumpy kids = increased risk of accidents!*

Do Not forget: **Medical form** (filled in & consents signed)

# Newham Woodcraft Folk

## Family Camp 2014

### Past Present Future



#### Consent / Medical Form

Name, & dob of Young Person .....

Young people need to have this form completed and handed to the event / group co-ordinator.

Event, Date and Location: ..... **Debden Family Camp – May 24<sup>th</sup> – 26<sup>th</sup>**

: **GROUP:** .....

Address .....

Contact no. of parent carer: .....

Second emergency contact no.: .....

Email contact: .....

Details of any health issues, medication or food intolerances:

.....  
.....

My child: can take own medicine  needs a leader to administer medicine   
has had a tetanus injection in the last 5 years

Name and telephone of GP: .....

I consent that photographs of my child may be used for publicity or information purposes by the Woodcraft Folk.

I give permission for person above to go on the residential detailed above.

In case of emergencies during the residential, I authorise the Camp chief or group Leader to act on my behalf, knowing that I will be informed in such a situation as soon as is possible,

Signed: .....

Printed name and date: .....