ADVENTURE CAMPS
PLANNING YOUR CAMP
The Wildest Birthday Ever!

Introduction
2016 is Cubs 100! That’s 100 years of fun, 100 years of adventure and 100 years of trying something new. That’s why we’re calling it the Wildest Birthday Ever.

To help you celebrate we’ve produced four resources packed full of programme ideas and activities to help you make the most of this amazing year. They’re designed to support different events and opportunities throughout 2016, as well as offering a whole year’s worth of programme ideas that you can use in your Pack.

Cubs themselves have a massive role to play in this special year. The resources will help you get them involved in the planning so they can help choose and organise the activities. Cubs can gain badges and awards by tackling the activities within these resources whilst supporting with their local community and the A Million Hands project.

It’s all about giving Cubs the opportunity to shape and enjoy the excitement, fun and adventure of Cubs. With your help we want as many leaders and Cubs as possible to take part in Cubs 100.

What Scouting mean to Cubs
When we asked, Cubs told us that Scouting is as a place they can have fun, make new friends, do challenging activities and get muddy (without getting into trouble...!)

So why do Cubs stay in scouting?
Cubs have told us that they stay involved in Scouting because of the wide range of challenging programme activities, such as nights away, spending time outside, earning badges, meeting new people and making friends and trying adventurous activities. They also like it because it’s something different from school. So what does this tell us? Cubs expect a programme that is fun, exciting, adventurous and rewarding. That’s what keeps them in Scouting.

Making the most of Cubs 100
Cubs 100 is the perfect opportunity to attract new Cubs and keep existing ones. We can do this best by being highly visible in our local communities and demonstrating that Cubs is a fun, exciting and adventurous. We need to show that it’s a great place to meet and make new friends and offers a wide range of challenging activities. As a leader you can encourage more young people and adults to get involved, setting Cubs on course for a second amazing century.

Four simple ideas to grow Scouting during Cubs 100
As a leader, you can personalise your events during 2016 and provide opportunities to those outside Scouting. You might:
1. **Invite members of the local community along to a Thanks Event** - a great time to thank adults and leaders for their time in Scouting plus showcasing the Cubs achievements. Why not invest a new leader or a Cub or present an award to young people or adults or both?

2. Allow young people to **bring a friend along to the Adventure Camp**, so they too can share in the fun packed programme. They can experience the adventure of a night away, cooking on an open fire and building their own shelter. You can also use this opportunity to invite parents/carers of the friends to help, either at camp or in the planning.

3. **Showcase Cubs' skills and achievements** in local schools, fetes or family event days.

4. **Engage local people or parent/carers** involved in teaching young people skills such as wood craft, creative writing, photography etc.

There are plenty of exciting things you can do through the celebration of Cubs 100 to ensure we provide opportunities to adults and young people to try something new, challenge themselves and get involved.

**Sharing your experience**

If you want to share the excitement of what you are doing at your Thanks Event, Adventure Camp Promise Party or the other great things you are doing throughout the year, you can get support in the following ways;

- For support on how to publish content yourself on social media get your story covered by local media outlets please see [http://scouts.org.uk/cubs100comms](http://scouts.org.uk/cubs100comms)

- For possible publication on national Scout channels submit your pictures, words or video via stories.scouts.org.uk

- For local support for possible publication on local scout channels or local media submit your pictures, words or video via stories.scouts.org.uk

We hope that you have a great time using these Cubs 100 resources and enjoy the Wildest Birthday Ever!
Cubs 100 Adventure Camps

What is a Cub adventure camp?
Camping is still the favourite activity for Cubs. We are encouraging every Cub Pack to have a special adventure based camp during 2016, the centenary year. Adventure Camps can be anything from a two day/one night event to a week-long one. Camps can be under canvas or based indoors. Whatever the format of the event, adventure camps should be designed to recognise that the Cub section is all about fun and adventure. It is a perfect way to have fun, undertake challenging activities, complete badges and awards and try something they have not done before and get parents and friends involved.

When should we hold an adventure camp?
It is envisaged that adventure camps will take place between April and October and will therefore become the central part of the celebration year.

How can Cubs get involved?
Young people shaping their Scouting is key and Cubs could shape an adventure camp by choosing what games and activities they would like to play, badges they want to complete, what they would like to have for lunch and so on. Every Cub should have the opportunity to get involved and attend an adventure camp.

Who runs an adventure camp?
This event could be the hardest for section leaders to deliver, especially where leadership teams are new or lack the experience or confidence in taking Cubs on camp. County and district teams can play a major part in ensuring that all Cubs have the opportunity to go on an adventure camp.

Districts can pair up Cub Packs where lack of experience is an issue in one of the teams. You could use this opportunity to get inexperienced leaders a camping permit.

Counties and districts may choose to centrally organise a bigger scale event to cover this aspect of the year. However, the size of the event is not the important thing here, rather the chance for everyone to take part.

Campsites have a key role to play here and can make their local Cub teams’ job easier by offering ready-made programmes to join in with.

The camps are our main way of promoting the adventure objective of the year, and are a key way in which our activity teams and Scout Active Support units can help make the year special.

Scout Activity Centres will be offering Adventure camps and can provide support and of course run lots of adventurous activities and can tailor these to your section and requirements.

Find out more at: www.scoutactivitycentres.org.uk
Guidance on running a Cub camp

Camping should always be an adventure, but even more so in a centenary year.

You don’t need to stretch the budget too much or travel too far. For indoor residential, consider a large forest-style decorated hall with pop-up tents. Look for unusual places like a castle. If you can include one or two activities your Cubs don’t usually do, it will be even more memorable.

An adventure is:

- doing something which challenges them
- time with their friends
- learning something new
- going somewhere new
- learning to enjoy a few nights without home comforts
- doing something exciting and different
Organising an Adventure Camp

Preparation

People
■ Decide who the permit holder and first aider(s) is for the event.
■ Decide if it's to be Pack, Group, District, Area/Region/County event.
■ Recruit an organising team who can co-opt others depending on the skills needed.
■ Identify extra parents/ adults who are able to commit to the camp and make sure they have the necessary safeguarding disclosures in plenty of time.
■ Allocate bases / responsibilities to leaders, drawing on those from other sections and outside agencies.
■ Allocate a camp admin person to manage the bookings, money and so on.
■ Make full use of Young Leaders in the planning stage as well as helping with games. They have great ideas and bags of energy.

Practical
■ Start planning well in advance.
■ Choose a site and check availability. Contact your local and national campsites. Local ACC Activities or Nights Away Advisers will be able to provide you with information and support.
■ Decide which activities you want to offer and remember that costs need to be incorporated into camp fees. Choose a variety of activities to cater for all Cub abilities and likes. A quarter master would be useful to arrange the equipment.
■ Let parents/carers know the dates as soon as possible to make sure your camp doesn't clash with any local events such as gala days or school trips. You can use the template example within this resource or use the event facility on Compass to plan and notify people. An information form should be completed and returned as soon as possible before the event. Visit www.scouts.org.uk/fs120081p2
■ Think about how the event will be catered, and if possible, arrange for a supermarket delivery beforehand.
■ A good structure for the programme is essential. Decide if there is to be a theme to the camp, young people could choose this and it could fit into the overall 'wildest birthday' overarching theme. It may be an opportunity to cover badges. See the example programme at the end of this resource.
■ When sorting Cubs into groups for activities, mixed ages/experience is usually best. However, consider splitting them age-wise for some activities. There will probably be some who are new to camping who may need more help, and older ones who may need more advanced activities.
■ Agree camp rules before you go. There are some suggestions on page 7
■ Consider having camp starting on Saturday, with full day of activities which tires them out with less chance of homesickness.
■ Suggest drawing up a personal equipment /kit list.
■ Try having a personal lanyard with a simple programme attached so Cubs know exactly where they are going and when.
■ Make sure there is plenty to do as accidents tend to happen during unsupervised time. Have a bank of reserve activities to fall back on and put together some wet weather programme ideas as well.
■ Design a map of the site showing where important places are, and where activities are planned. Make several laminated copies and place around the site.
■ Consider using a set of radios for leaders to keep in touch on as mobile reception is not always reliable. Leave one with kitchen staff so they can be informed when people are on their way back. Visit www.scouts.org.uk/a-z for activity rules and guidance including use of radios.
Necessities

■ Check out the camping area beforehand and carry out a risk assessment when you do the initial visit.
■ Carry out risk assessments for the various activities in the programme.
■ Make sure you follow all relevant POR rules which can be found at www.scouts.org.uk/por
■ Try to give parents/carer at least three months’ notice of when payment is needed, and what it covers (usual costs plus any for commemorative T-shirts or badges). You could ask for a deposit, which covers cost of activities and camp fees, about a month before and a balance two weeks before. Be aware of any parents you think may have financial issues and speak to them privately and sensitively. Lack of money should never prevent anyone from attending camp. A camp bank where money is paid into each week can be useful and spreads the cost for parents. The Development Grants Board also support activities and may be able to offer funding. More information can be found at www.scouts.org.uk/grants
■ The Leader in charge of the camp needs to complete a Nights Away Notification form (NAN) to be sent to your Nights Away advisor or District Commissioner. All Nights Away events for Cubs require a Night’s Away permit holder to be present. Think about how many permit holders would be required for the size of your event and the type of permit required.
■ Ensure that you follow the ‘In Touch’ procedures to maintain a link to parents during the event. Visit www.scouts.org.uk/intouch for more information.
■ Every adult staying overnight will need to undertake a PVG/DBS check. Leave sufficient time to get these processed.
■ Make sure you have enough first aid cover and hold medical details for each person attending, including all leaders and other adults. This should be handed to the camp first-aider. Any printed details should be shredded after camp and you must follow the data protection policy available at www.scouts.org.uk/dataprotection
■ Have a list of any special dietary requirements and highlight these to the catering team. You could use a wristband to identify Cubs to the catering team.
■ Send thank you letters at the end of camp to all involved.
Suggestions for camp rules

Camp rules and a code of conduct/behaviour should be decided before the event and all in attendance should be made aware of them. It is a good idea to devise these with the help of the Cubs who are going. Examples are:

- respect other campers by being quiet at night
- have a lights out/quiet time
- at night, always go to the toilet in pairs
- don’t go into anyone else’s tent or camp area unless you’re invited
- do not run between the tents where you can easily trip up
- be kind to others, use good manners and think about what you are saying
- clear up your mess as you go
- if you need help or are worried, speak to an adult
- personal hygiene is important so wash your hands before eating
- look after each other

Camp catering

A specific catering team is extremely useful as it leaves leaders free to assist at bases. The team could be made up from parents, other section leaders or Scout Active Support teams. Cubs can be on rota for setting up and clearing up after meals.

The catering team is responsible for planning menus, purchasing food, cooking and setting the budget per head. Let Cubs and parents see a proposed menu beforehand. Ask them to highlight any food allergies or cultural requirements and ensure this is noted.

Breakfast is an important meal to get everyone fuelled up for the day. Provide both cereal and cooked food if possible. Lunch could be a make it yourself sandwich, roll or wrap. This works on the premise if they made it themselves they’ll eat it.

Providing food which is popular helps a camp to run smoothly and avoids homesickness. Ask Cubs for some suggestions. Avoid mixing food together such as vegetables within a casserole. Instead, provide them in separate dishes so that Cubs are not put off the entire meal by something they do not like. Ask parents if they can contribute a few treats such as cakes, and look at some recipes here http://www.scoutactivitycentres.org.uk/resources/recipes/ such as campfire doughnuts.

Menus could also be themed if you choose to theme your adventure camp.
Suggested equipment lists
With every camp, leaders and Cubs need to be prepared ready and equipped with all the necessary items. Here are just a few things to take…

Personal kit list
Everyone should bring the following items:
■ sleeping bag and blanket
■ Roll mat
■ old clothes for duration
■ warm clothes for night time activities
■ pyjamas
■ torch with fresh batteries
■ waterproof coat
■ trainers or strong shoes and wellingtons
■ wash kit and towel
■ swimming kit (if doing water activities)
■ pocket money (suggest a maximum amount)

Suggest that they do not bring any sweets, anything of personal value or electronic games. All personal kit must be named.

A kit list is also available see here https://members.scouts.org.uk/documents/Nights%20Away%20Kit%20list%2020170315.pdf

Wet weather box
Make up a box of items in case of bad weather. Stationery, scissors and glue together with books, or magazines, board and card games and some fun skint material. Twister is a great game to keep them activity and energized or to keep things calm jigsaws for quieter moments.

Sports equipment
Cover most interests by packing rugby balls and footballs, cricket and rounder’s bats and tennis balls Include:

skipping ropes, hoops and bands, beanbags and quoits or boules.

Take poles or cones to act as base markers.
Suggested links


First aid and first aid boxes

First Aid Kits and Accident Books (FS140048)

Personal medication, for example, inhalers, EpiPens, and prescription drugs should be given to the first aider with full details about when and how to administer them written on the container. Some Cubs may need to have medication with them at all times.

First aid boxes must be lockable.

Click here for advice about first aid and what to include in a first aid box.

Camp equipment

Make a comprehensive list of equipment needed for catering, sleeping, washing, programme activities and lighting, according to the site, number of participants and programme. Use of a quartermaster is helpful.
Adventurous activities
It's not an adventure camp without any adventurous activities! Here are just a few activities that the Cubs can do during their camp whilst also working towards achieving some badges and awards:

- Abseiling
- Adventure courses
- Aerial runways
- Archery
- Climbing
- Grass sledging
- High and Low ropes
- Go-Karts
- Rafting
- Canoeing
- Caving
- Crate staking
- Bell boating
- Sailing

Scout Activity centre and Scout Campsites are great places to have an adventure camp as they have qualified instructors and a wide range of facilities. Check out the Scout Activity Centres website for more information and resources [www.scoutactivitycentres.org.uk](http://www.scoutactivitycentres.org.uk)

County and district websites are also a great place of inspiration with lots of information on what those centres provide and how to book.

Always follow rules set out in POR – [www.scouts.org.uk/por](http://www.scouts.org.uk/por)
**Adventure camp challenges**

Here are just a few example challenges you can set the Cubs during their camp and work towards gaining some badges.

### Zip wire challenge

**What you'll need**
- Stop watch.

**Instructions**
1. On the day of the activity divide the pack into two teams.
2. Ask them to take note of their pulse rate and record this within a table. Remember this chart will have to record three pulse rates.
3. Now it's time to get on the zipwire!
4. Time each Cub going on the zipwire,
5. At the end of each Cub's turn, get them again to take their pulse rate and record this.
6. Now get them to compare who had the highest pulse rate and who had the lowest pulse rate.
7. Whoever had the lowest pulse rate wins!

Follow the rules at [www.scouts.org.uk/por](http://www.scouts.org.uk/por)

This activity can work towards gaining this Scientist activity badge, Our Adventure Challenge award.

### Crate stacking

**What you'll need**
- A ladder (for safety)
- Crates
- Safety hats
- Safety rope
- Climbing harness

**Instructions**
1. Provide the pack with a safety briefing and instructions before they begin.
2. Split the pack into teams of six. The leader should also be included as they will be managing the belaying process.
3. Now in the small teams one young person will start climbing and stacking the crates, with the help of their team members. How far can they go?
4. Each member of the team will have a role as some will be passing the crates to the young person climbing to the top, other will be making sure that the surrounding area is clear and other will be helping to direct the young person climbing.

You need to follow the high ropes rules for temporary or permanent structures-in some cases you'll need a permit, in others you can use a written operating manual. Check out the factsheet for more information. [http://members.scouts.org.uk/fs120423](http://members.scouts.org.uk/fs120423)

This is a great activity to work towards achieving your Teamwork challenge award.
Tent striking challenge

What you’ll need
■ Tent and accessories + bag
■ Stop watch

Instructions
1. Divide the Cubs into their Six
2. Allocate each Six a set of tents that need to be taken down and packed away
3. On the count of three time ask each six as they strike their teams tents.
4. Record the finish time of each tent making sure their tents are correctly packed away with all their content.
5. The fast team wins!

This activity is great for those Cubs working towards gaining their Teamwork, Our Outdoors and Team leader challenge award

Archery

What you’ll need
■ bows
■ arrows
■ target
■ safety equipment.

Instructions
1. Split the young people into small teams and go through the safety briefing with them.
2. Safety equipment including wrist straps should be worn.
3. The targets are placed out into the area, with a line to stand behind for the young person holding the bow.
4. Young people are shown how to use the bow and where to place the arrow.
5. Each young person has 3 arrows to fire and aim to hit the target.
6. Once all arrows have been fired young people are invited to see whether they hit the target and to collect their arrows.
7. Scores can be kept so that the next time they participate in Archery they can see if they have improved.

Always follow the activity rules www.scouts.org.uk/por
Ideas for challenge bases
These are activities which last around 20 minutes.

- Hike tent pitching.
- Prepare a hot drink on a portable stove.
- Simple backwoods cooking using disposable BBQs with the mesh removed to cook in the embers. Try egg in an orange or chocolate buttons in a banana wrapped in foil.
- Fire lighting without using matches.
- Emergency shelters to be built before the rain (watering can) arrives.
- Plaster of Paris casts of footprints.
- Kite making.
- Branding on wood.
- Make and bake a bread bun.
- Paint jam jars to use at camp-fire with a tea-light inside.
- Create special camp scarf and decorate with fabric paint, crayons or permanent felt pen markers.
- Build a stretcher to carry a casualty.
- Make a medieval catapult using canes, elastic bands or string.
- Scavenger hunt to find a stone shaped like a heart, a feather, pebble no bigger than your pinkie nail, red/yellow/green leaf, stick as tall as you or pinecones.
- Make a badge as a souvenir of camp using a badge machine.
- Orienteering type course using photos.
- Put glow sticks in plastic bottle and have night time bowling.
- Blind fold/night time string trails.
- Build a Viking ship from card and wooden offcuts then burn it on the campfire later.
- Treasure hunt to find food items for supper.
- Prepare a short sketch for the evening camp fire.
- Transfer water from A to B with a range of bits of guttering and old pipes.
Ideas for wide games
Wide games are played over a wide area. They are great activities to burn off energy, especially for the first night.

We can class any game which is played in an extended area as a wide game and so they may range from a 10 minute activity to a much longer and more involved exercise. Whichever you choose to do, you can be sure that a well-run and imaginatively planned wide game will be a favourite with your Cubs. So what are the ingredients of a good wide game?

Cubs against leaders
Most successful wide games are set up with Cubs working in teams. They are set a task against the leaders rather than against each other. In the frenzy of a fast and furious wide game, Cubs against Cubs confrontations are likely to produce scuffles and can soon get out of hand. Games involving Cubs 'losing lives', say, by breaking a ring of wool on their arms are better than some uncontrolled confrontation. However, it is still difficult to avoid the bigger, older Cubs from dominating the game.

A sympathetic leader team of guards can be a real challenge for all Cubs, big and small, young and old. Correctly briefed leaders will know when to carefully guard a base and when to let a few Cubs through. Leaders should be able to control the whole game in this way, changing the pace of the activity to finish on time.

It is vital that all the leaders you use understand the purpose of the game and remember at all times that the game is for the Cubs to enjoy.

Themes
Most wide game will have some sort of story running through them. Use costume to create the unexpected and props to add to the excitement. It is a good idea to keep any storyline simple. Too long a preamble will confuse the Cubs whilst rules which are over complicated will cause the downfall of the best laid plans.

Stalking not talking
Try to get your Cubs to think in terms of stalking and remaining unobserved rather than charging about the area making as much noise as possible. You could try getting the Cubs to camouflage themselves.

Safety
However exciting or challenging our wide game plans are, the Cubs' safety is paramount. Begin by clearly explaining the boundaries of the game. Try to have some point in the playing area where they know there will be a leader in case of problems. Encourage Cubs to play in pairs rather than on their own. Introduce a whistle code, for example, one blast to start, one to finish, three blasts for everyone to assemble quickly. Have a first aid kit handy.
**Example wide games**

*Whistle tag wide game*

Equipment: one whistle for each 'hunted' leader
The group is divided into teams of 6-8 players. The leaders who are to be 'hunted' are given a two-minute head start into the playing area (5 acre wooded area is ideal).

Teams have to stay together during the entire game. Each team begins to 'hunt' the leaders, who are required to blow their whistles at one minute intervals (or variations which you may want to work out). Leaders may remain mobile, or seek a hiding place.

Teams try to touch as many leaders as possible within the time limit of the game. Captured leaders are immediately freed to run and whistle again.

The team who tags the most wins.

*The mystery mission*

Your mission, is to enter the woods and find a suitable place to set up a camp. Don't get too close to one of the other teams as they may steal your ideas or equipment. Choose your site well as you will certainly have to defend it against attack from other expedition parties or hostile natives. An attack could come after 30 minutes of the game starting so you need to think about what jobs you do first.

A Leader will be with you but only to see you are safe not to help you.

You need to build a shelter. Your shelter needs to be big enough for all team members to get in it, so you would all be out of any wind or rain. You should be prepared to treat a casualty in the event of an accident and make them a hot drink.

You will be given a choice of items to take with you into the woods. Choose carefully what to take based on the above information.

You may be able to trade for additional items as the test of your survival skills goes on, but you will have to purchase them, trading the beads you have been given for money.

Later you may have to follow a ‘tracking’ trail to find a hidden surprise.

*Missing person*

Each team is provided with a photograph of one of the leaders acting as guards. The team have to keep away from the guards but at the same time find the one person who is in the photograph. Once they have found who they are looking for, they have to capture them and return them home. Each team has a different guard to capture.

*Water transfer*

Cubs are based around a tap, stream or other water source. Five buckets are placed in the playing area which is usually in a wood. Each Cub has a mug. They have to find where the buckets are and then try to fill them by transferring water in their mugs. The area is guarded so that any Cub that is spotted has to turn their mug over. Some Cubs may think to move the buckets, which can be part of the tactics of the game or you may prefer to make it a rule that the buckets remain static.

*Moving Post boxes*

Cubs have to deliver a number of letters. They are presented with the letters one at a time, each letter being colour coded to a particular post box. The Cubs have to find the post box, put their letter in and then
return to base to get another one. The problem is that the post boxes are leaders dressed up and they can run anywhere within the playing area. See which team posts the most letters.

There are quite a few websites which have wide games where some Scout Groups have collected them together on their own Group sites or go to: https://members.scouts.org.uk/supportresources/2405/scout-skills-wide-games-fs315088?moduleID=10 for **Wide Games (FS315088)** The Scout Association fact sheet.

The book ‘Wide Games, Incident Hikes and Indoor Alternatives’ is available from Scout Shops.
Outdoor games
Outdoor games are great to get the Cubs on the feet and letting of some steam. These games a perfect for
structured free time activities or before and after an activity.

Dragon tag
You need an area with a lot of space. Form teams of 4-8 people. Make human chains by having team
members hold on to each other’s waists or link elbows. Each team of connected people is now a “dragon”
with a head and a tail. Place a scarf or bandana hanging in the back pocket of the last person in the chain
to act as the tail.

People who are part of a human chain cannot let go and get separated. The goal of the game is to have
the head of each dragon (the front of the chain) grab the scarf or bandana off the tail of another team’s
dragon while staying linked. If any part of a team’s dragon gets separated, the detached tail end cannot
move; only the head and the people attached to the head can move. You cannot go after another team until
you have reconnected your body together.

A team can perform defence by curling up into a ball. You can curl up as a whole dragon or just the tail if
the head has been detached. When any team loses their tail, that is, when another team grabs their scarf
or bandana, they are out. The last remaining team is the winner.

Ninja
The Cubs stand in a tight circle and on the count of three jump outwards. They must then stay where they
land and not move their arms.

Each Cub then tries to tap the hand of the person to the left of them with their hand. The ‘tapper’ has one
movement to do this from wherever they landed. The ‘receiver’ has one movement to try and get their
hands out of the way so they can’t be tapped. If they do get tapped they are out and have to sit out. If they
don’t get tapped they must stay where they landed and not move their arms. The ‘receiver’ then becomes
the ‘tapper’ and tries to tap a hand of the person to the left of them. The new ‘receiver’ has one movement
to get their hands out of the way of the new ‘tapper’.

This carries on round the circle until the Cubs are quite far apart and much more effort is required to get
someone out. At this point the Cubs can try and tap either the person to the left or right of them, depending
on who is easier to reach. As before the ‘receiver’ has one movement to get their hands out of the way and
the ‘tapper’ has one movement to try and tap them.

The game continues with the Cubs using more and more difficult movements to try and get someone out.
The winner is the last one in.

Slap it
Form teams of 4 to 6 and give each team three buttons or coins. The Cubs line up in relay teams.
When leader calls “slap it’ the first player in each team picks up a button or coin, places it on the flat of their
hand and slap passes it to the flat outstretched hand of the next person, and so on. They must be passed
one at a time along the row and back again. The winning team is the first to get every button or coin there
and back again.

Get the message – Chinese whispers
This game emphasises the importance of listening and team work. Cubs line up in relay teams. The first
cub goes to the leader who whispers a message to them, which they take back to their team. They in turn
whisper it to the next Cub in line, who whispers it on to the next one, and so on until it reaches the last Cub.
The last Cub returns to the leader and gives them the message as he heard it, which may not be quite what it was originally.

**Pass the parcel**
Form teams and give each one an object to wrap, such as a bag of flour or bottle of water, together with brown paper and string. Teams then spread out and throw the parcels to each other up and down the line until given the signal given to stop. The winning team is the one with the most intact parcel or the one which keeps the parcel in one piece longest.

**Human bowls**
The leader puts a small, flat object on the ground approximately 30 metres away. Cubs are blindfolded and one by one have to walk up to where they think the object is. When they remove the blindfold their position is marked on the ground. The Cub closest to target is the winner.

**Land, sea and air**
Need – large soft sponge ball, sticky name labels.
Cubs stand in a circle.
Leader begins by calling someone’s name, throwing ball in the air and saying Land, sea or air.

The Cub whose name was called runs into the circle and tries to catch the ball before it touches the ground and have to say the name of an animal (land); fish (sea) bird (air).

They then throw the ball and call someone else’s name and land, sea or air for them to try to catch it and say something different.

NB must choose different person each time.

**Beanbag challenges**
How far down the list of challenges can a Cub get?

- Throw a bean bag in the air and try to catch it.
- Throw a bean bag in the air, turn round and catch it.
- Throw the bean bag up and backwards over your head and try to catch it behind your back.
- Throw the bean bag up in the air, clap your hands once and catch it. Now try clapping twice.
- Throw the beanbag in the air and clap your hands under your right leg before catching it. Now try with your left leg. Now clap behind your back.
- Toss the bean bag up, jump and try to catch it. Jump twice. Jump three times.
- Throw it up, kneel down and try to catch it.
- Throw and catch it just with your left hand, then just with your right.
- Try throwing it up and catching it with your eyes closed.
- Throw it up and catch it on your left foot.

**Piping disaster**
Give each team 20 sheets of paper, a roll of sticky tape and scissors. The challenge is to make a pipeline the length of a table. Water is then poured down it, hopefully with no leaks or breaks.
Button overboard
The Cubs each make a boat from a sheet of broadsheet newspaper. These are put in a basin of water and buttons added one by one on to the boats. The winner is the one who manages to put the most buttons before their sinks.

Australian rounder’s
Split the Pack into two teams. One team will form a straight line across the middle of the hall, and the other forms a circle between the back wall and the first line of Cubs. A leader stays with each team. Both teams play simultaneously.

The first Cub in line takes a ball and runs up to touch the back wall, runs round the second team’s circle and back to their line of Cubs. They throw the ball to the next Cub in line, who does the same thing. This continues until every Cub in the straight line has completed their run. The leader then calls STOP, and both teams stop what they are doing.

Meanwhile, the other leader stands in the middle of the circle of Cubs and throws a ball to each one in turn, counting the number of clean catches. They also stop when the first leader calls stop. Both teams then swap over and repeat the game. The winning team is the one with the highest number of catches in the circle.
Ideas for campfires

Campfire
A campfire is an essential part of camp, and a great way to end an exciting day of fun and adventure. Get the Cubs to help build and light the campfire, click here for some guidance. Cubs can cook their evening meal over the fire or just sit around and relax with some traditional campfire songs.
Let the campfire leader know if any Cubs would like to do a turn. There are plenty of campfire songs which are easy for Cubs to learn. Choose a group of song leaders with strong voices and enthusiasm to lead. Some sites are able to provide amplification, which helps.
The end of campfire is a good opportunity to have a short reflection or Cub’s Own. Keeping with tradition, encourage Cubs to have a camp blanket.

These song and sketch books are available from Scout Shops Ltd and there are campfire songs on Programmes Online (POL) by searching ‘campfire’ at www.scouts.org.uk/pol

Cubs can work towards gaining their Backwoods cooking activities badge, Our Skill and Our Outdoors Challenge award and Musician staged activity badge

Backwoods cooking activity badge
Our Outdoors Challenge award
Our Skills Challenge award
Musician Staged activity badge
Stories with a message
An inspirational stories with a message is short story is great way to end a campfire. Other short stories might be good just to use to fill a lull in the action or to get everyone’s attention. Below you will just a few handpicked stories to tell.

Lessons from Geese
Choose seven Cubs to be the geese. Have them line up in a V formation to represent flying geese.
Narrator 1: In the sky above a flock of geese are flying over. They fly in a V formation, which means they can fly up to 70% faster and further than if they were flying solo. Each bird flies slightly above the bird in front of it, which cuts down wind resistance.

Narrator 2: The lesson. When you are part of a team working together, you can get things done faster with less effort.

N1: If one of the geese falls out of the V, it quickly gets back into formation as it’s harder on its own. (One goose moves out of formation and then gets back in line).

N2: the lesson: It is sensible to stay part of a team and share the work.

N1: When the lead goose gets tired, it goes back to the end and another takes over. (The first goose to the back and the last one takes over).

N2: The lesson: It’s better to share tasks and leadership.

N1: The geese at the back honk to encourage the ones at the front to keep going. (All geese honk).

N2: The lesson: Encouragement will help you face the tasks of the day.

N1: If a goose falls sick or slows down, two of the flock will stay with it until it recovers. (Goose three falls out and four and five go to back with it).

N2: The lesson: It makes sense to stay with each other and give a helping hand when you can.

N1: This is very much like Scouting. It’s about team work, encouraging each other, sharing, trusting and working together and making the best of your time.
The king and his sons

Once, a long time ago, there lived a king who had two strong, brave sons. However, he was not sure which was the wisest to rule his kingdom after he died.

He decided to set them a test. He gave them both a small amount of money and sent them out to buy something which would fill his whole palace.

The first son could not find anything, but on his way home he came across a farmer with a cartload of straw which was cheap and there was a lot of it. When he returned home he spread the straw out on the floor but there was only enough to cover one room in the palace.

The second son bought lots of small candles, and when they were lit they shone through the whole palace filling it with light. His father was very pleased with him for being so wise and chose him to rule his kingdom.

We can make our own light shine in the world by doing good turns, by helping others and sharing what we have.

The two frogs

Two frogs fell in a bucket of milk and couldn’t get out again. They swam around for a while but one gave up, saying it was hopeless. He sank and drowned. The other frog kept swimming but was getting very tired. Suddenly he found he was sitting on a pat of butter that had been made by the churning of the milk as he swam around. He summoned up enough energy to keep swimming, and soon the butter pat was big enough for him to climb out of the bucket. Try to remember that even when things look hopeless, don’t give up.

The impossible feast

A man dreamt that he had died and gone to hell. There he saw an enormous table laden with food ready to be eaten. However, the people there could only eat using six foot long chopsticks. Each person was trying desperately to get food into their mouth but rarely succeeded. They were hungry and miserable. Next the man dreamt that he had gone to heaven. To his surprise it seemed just the same with a laden table with six foot long chopsticks but everyone looked happy. He discovered everyone had enough to eat because they were feeding each other.

Friendliness

A man who was moving house met an old man outside the town. “What are the people like here?” he asked. “What were they like where you come from?” the old man asked. “Oh terrible people, bad tempered, unfriendly and mean” “I thinks you will find them much the same here” said the old man. Another visitor came along and asked the old man the same question. Again the old man asked “What are the people like where you come from?” “Oh marvellous people, so happy and kind and easy to get on with” “I think you will find them much the same here” replied the old man. Friendliness is catching and so is the opposite.

For some longer stories, visit www.childrenstories.ca
www.freestoriesforkids.com
### Example Programme

**Day 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.00pm</td>
<td>Arrive / Registration Opens / Pitch Tents</td>
</tr>
<tr>
<td>8.00pm</td>
<td>Tour of Campsite</td>
</tr>
<tr>
<td>9.00pm</td>
<td>Camp Opening and Wide Game</td>
</tr>
<tr>
<td>10.30pm</td>
<td>Supper</td>
</tr>
<tr>
<td>11.00pm</td>
<td>Bed Time</td>
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</tbody>
</table>

**Day 2**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.30am</td>
<td>Get Up / Wash</td>
</tr>
<tr>
<td>8.00am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>9.00am</td>
<td>Clean up</td>
</tr>
<tr>
<td>9.30am</td>
<td>Flag Break</td>
</tr>
<tr>
<td>10.00am</td>
<td>Challenge Bases – Cubs tour round six challenge bases with a drinks break in the middle</td>
</tr>
<tr>
<td>12 noon</td>
<td>Camp Games</td>
</tr>
<tr>
<td>1.00pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>2.00pm</td>
<td>Wet Activity Session (Choice of two)</td>
</tr>
<tr>
<td></td>
<td>Rafting, Canoeing, Water Zorbing (Warm drinks break in the middle)</td>
</tr>
<tr>
<td>4.00pm</td>
<td>Camp Games</td>
</tr>
<tr>
<td>4.30pm</td>
<td>Build fires and prepare for Backwoods cooking</td>
</tr>
<tr>
<td>5.00pm</td>
<td>Backwoods BBQ preparations</td>
</tr>
<tr>
<td>6.00pm</td>
<td>Dinner</td>
</tr>
<tr>
<td>7.00pm</td>
<td>Craft Activities</td>
</tr>
<tr>
<td>8.00pm</td>
<td>Cubs 100 Campfire</td>
</tr>
<tr>
<td>9.00pm</td>
<td>Wide Game</td>
</tr>
<tr>
<td>10.00pm</td>
<td>Supper</td>
</tr>
<tr>
<td>10.30pm</td>
<td>Bed Time</td>
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</tbody>
</table>

**Day 3**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Time</td>
<td>Activity</td>
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<tr>
<td>-------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>7.30am</td>
<td>Get Up / Wash</td>
</tr>
<tr>
<td>8.00am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>9.30am</td>
<td>Flag Break</td>
</tr>
<tr>
<td>10.00am</td>
<td>Activity session three (choice of one)</td>
</tr>
<tr>
<td></td>
<td>Crate stacking, climbing, shelter building</td>
</tr>
<tr>
<td>11.00am</td>
<td>Pack Games and Activities</td>
</tr>
<tr>
<td>12 noon</td>
<td>Lunch</td>
</tr>
<tr>
<td>1.00pm</td>
<td>‘Cubs 100’ Cubs Own reflection (Invite parents to join)</td>
</tr>
<tr>
<td>2.00pm</td>
<td>Go Home</td>
</tr>
</tbody>
</table>
Useful links and resources

Activities
www.scouts.org.uk/a-z
http://www.scoutactivitycentres.org.uk/resources/outdoorskills/

Nights Away
http://members.scouts.org.uk/supportresources/search/?cat=26,358,575
http://members.scouts.org.uk/supportresources/search/?cat=26,358,577
http://members.scouts.org.uk/supportresources/search/?cat=26,358,556
http://members.scouts.org.uk/supportresources/search/?cat=26,358,579
http://members.scouts.org.uk/supportresources/search/?cat=26,416

Badge links
Core badges
https://members.scouts.org.uk/supportresources/search/?cat=12,67,129

Activity badges
https://members.scouts.org.uk/supportresources/search/?cat=12,67,776

Staged Activity badges
https://members.scouts.org.uk/supportresources/search/?cat=12,67,777

Challenge Awards
https://members.scouts.org.uk/supportresources/search/?cat=12,67,778