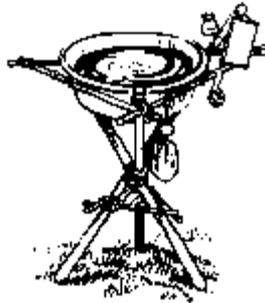


## Hygiene on camp

The health and general cleanliness of your camp is of the utmost importance in ensuring happy and healthy campers. Care and attention must be taken to such items as diet, sleep, personal hygiene, sanitation, food storage, and tidiness of the site.

Your campsite is your home in the open and it should be treated as your home environment for the time you are on Camp. You would not consider throwing rubbish around your home or not providing toilet paper in the bathroom. On camp you should have the same considerations.



## Diet

In the course of a two week camp few Scouts will suffer significantly from malnutrition or vitamin and mineral deprivation. Plans for menus can ensure a varied and appetising array of meals, sufficient to ensure the energy and well being of those on Camp.

In preparing menus for a Camp remember the value of simple items like eggs and cheese, sufficient daily milk and fruit and vegetables, including fresh meat and fish when possible. Try and avoid storing food for longer than is necessary, if possible buy fresh each day and take care with frozen foods.

Ensure that all meals are being cooked correctly and presented in a correct manner. A Leader attending a Patrol each evening for dinner is an effective way of ensuring that everyone is eating correctly and that the Patrol are sitting down to a properly prepared meal together rather than a 'free for all' serve yourself.

Each Patrol should be provided with suitable utensils for the preparation of meals. Food should be prepared on clean surfaces and if not being used immediately covered or placed in containers to avoid contamination by flies and insects. Every Patrol should have a table on which to prepare food.

Lastly, a supply of hot water should be available to clean all eating utensils after meals.

## Food storage

A separate tent should be provided for the general storage of food with a quartermaster appointed in overall charge. If using only one tent as a stores tent then it is most important that food is separated from equipment, particularly keeping soaps and cleaning fluids in wooden boxes away from food. Have an actual area for milk, butter and perishable items. This may be a hole in the ground lined with plastic sheeting or vessels of fresh water, the items being kept in plastic bags with neck ties. You may also chose to use insulated ice boxes for food storage.

The store tent should be kept in a clean and orderly fashion with all food items in wooden boxes and off the ground. The wooden boxes prevent our old friend the fox and other predators from raiding our stores under the cover of darkness.

On Patrol sites all food stuffs should be stored in a proper Patrol box. Food items for each meal should be distributed from the main store tent before each meal. Such items as salt, pepper, sugar etc. being replenished as required, but kept in the Patrol boxes.

It should be the quartermaster responsibility to ensure, working with the quartermaster of each Patrol, that the storage of food on Patrol sites is being done correctly. This may involve a daily inspection of Patrol boxes and cooking areas.

## Sleep

Sleep is essential for the full enjoyment of camp. Young people need about 10 hours per night. Strict adherence to 'Lights out' on Camp and quietness after this hours should be stressed to all Patrol Leaders. Overcrowding of tents should be avoided and ventilation should also be assured to allow for proper sleep. Allow sufficient floor space for movement and the storage of personal equipment.

Insist on a complete change of cloths at night. Day clothes become dirty and sweaty and pyjamas or clothing for night-time use should be worn next to the skin. Additional sweaters etc., can be worn on top if it is cold. This ensures both comfort and health of the wearer and is important. Sleeping bags should be turned inside out and aired daily. Leaders should also check sleeping bags, if possible before camp to ensure that they are adequate.

Leaders may choose to advise on the best buys. A sleeping bag will last for many years and an investment in a proper bag at the beginnings is always worthwhile.

## Sanitation

Cleanliness should be the by - word of sanitation on camp. Flies and insects which can contaminate and infest the site are attracted by filth and dirty practices around the site. Scout camping does not mean roughing it in the countryside, rather scout camping should be the art of living comfortable in the open air.

## Washing

Everyone on camp should wash themselves every morning when they get up. This should be the same routine as would be practiced at home - face, hands, teeth and the combing of hair. Facilities should be provided on camp for showers, hair washing, and clothes washing.

It is not necessary to have access to shower facilities on a daily basis as visits to local swimming pools or swimming place will fulfil this need. A camp shower can however provide a lot of fun as well as act as a sanitation device.

Billies, plates and cutlery should be cleaned at the end of each meal and stored in a proper way. Gas stove and containers holding food should also be kept clean and stored correctly. All these items should be cleaned with hot water and washing up liquid and not by rinsing in a nearby stream.

## Rubbish

Rubbish in whatever form whether water or food waste or packaging must be treated with on camp. Any rubbish that can be, should be burnt on Patrol fires or in an incinerator made for this purpose (a barrel with holes punched in it for ventilation). The ashes and tines which have been hammered flat should be buried in waste or scrub ground or placed in bags for disposal. Anything which cannot be treated in this way should be placed in plastic bags and transported to a Council rubbish tip or arrangements made with the land owner for the disposal of same. Water waste can be treated by using an above ground filter grease pit and allowing treated water drip into a pit.

## Latrines

Latrines should be situated down wind of the site in a well drained area away from water supplies. The site should be secluded but not too far away from the main site to discourage use. Screens and toilet tents should be provided to allow privacy. An Elsan toilet should be provided using proper Elsanol fluid to ensure the proper break down of waste prior to burying. Separate urinal pits should be dug to prevent Elsans becoming overloaded and should be large enough to remain permanently drained. Sanitary fluid should be used to reduce smells and keep away flies. Latrines should be service daily and Elsan emptied frequently into pits. Toilet paper should be provided in waterproof container. Hands should be cleaned after visiting the latrines. A basin should be provided outside the latrines with a water container nearby for water so that hands can be cleaned with fresh water each time. Each Scout should be encouraged to bring their own towel to the latrines on each visit rather than providing a communal towel which can spread infection.