

MENU

We need to know if any scout will have any problems with the below menu (**Vegan, Vegetarian, Celiac Etc.**) If I know about any issues I can plan an alternative, finding out as we dish up is too late. Please let Tony know ASAP.

Saturday	
Breakfast	At Home
Lunch	Bring packed lunch
Dinner	Pasta Bolognese, Fruit and Cakes
Supper	Soup n rolls / Hot Drinks n Biscuits
Sunday	
Breakfast	Cereals / Sausage n bacon rolls / Toast (if power)
Lunch	Ham, cheese rolls, crisps, cakes, fruit, drink
Dinner	BBQ

MEDICINE

Please pass all medicine to a leader with the recipients name on it. This includes any over the counter drugs as well. (This stops other scouts mistaking them for sweets).

HOME CONTACT

ELAINE HALL on 07885 489788 – Please only use this for emergencies,

Completed health forms and final payments must be in by 30th APRIL 2010.

ECOCAMP GUIDE



1st-2nd May 2010



TIME TABLE

This is the proposed timetable for the weekend. Things may change during the day due to weather etc but we will try and keep alterations to a minimum.

Saturday	
10:00	Arrive, Pitch tents and set up camp
12:00	Packed Lunch (brought with you) and split into groups
13:00	Group onsite activities
16:00	Natural Tie-dyeing + games
18:30	Dinnertime + Washing up
19:30	Wide Games
22:00	Quiet time + Supper
23:00	Bed
Sunday	
08:00	Rise and Shine, wash
09:00	Breakfast + Wash-up
10:00	Beach / Sports games
12:00	Lunch
13:00	Group onsite activities
16:00	Pack bags and take down site
19:00	Barn Dance with parents and friends
20:00	BBQ food
21:00	Scouts leave site

Group onsite activities include Water dowsing, Apple Pressing, An Alternative Energy Project. We may have time for shelter building as well.

KIT LIST

As normal all scouts will need to arrive onsite with top half uniform and group scarf.

You will need the following:-

Essentials

- **2 pairs of footwear. Trainers or walking boots**
- **Trousers / Shorts (NOT jeans – Jog bottoms preferred)**
- **T Shirts**
- **Warm Sweater**
- **Waterproof Jacket / Coat**
- **Socks**
- **Underwear**
- **Sleeping Bag**
- **Pillow**
- **Foam roll mat / inflatable bedding**
- **Torch + spare batteries**
- **1 (old) Tea Towel**
- **Wash Kit – Flannel, Towel, soap, toothbrush, toothpaste deodorant.**
- **Hat, Cap, Gloves.**
- **Suntan cream (hopefully)**
- **Swimwear + spare t shirt**
- **Sandels or something to wear at beach / river / Mudbank**
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- **Optional Extras**
- **Camera, scouts responsibility, disposable would be better**
- **Spending money is not needed as we are not planning to leave site and there are no shops nearby**

NO MOBILE PHONES

Even for use as alarm clocks, camera's or MP3's

The home contact will be available if you or we have a problem and need to be in contact with your child.

Any phones found will be confiscated and held till the end of the camp and passed back to parents.

MAPS

The Campsite will be at

Ivy Farm, East Mersea, Colchester, Essex. **CO5 8US**

Map from Silver end to Mersea Island



Map of Mersea Island



Nights Away Information Form



Event:	ECO CAMP	Dates:	1 st – 2 nd May 2010
Location:	Ivy Farm, East Mersea, Colchester, Essex. CO5 8US		
Organiser and contact details:	Tony Bugg – 01376 570376 or mobile 07855 671197		

Name of young person:		D.o.B:	
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Is he/she able to swim 50 metres and stay afloat for five minutes in light clothing?	Yes / No
Emergency contact:	Phone:

National Health Service Number:	Date of last tetanus injection:
Doctor's name and contact details:	Details of any medicines or treatments currently being taken / followed (including dosage) & the specialist and hospital concerned if appropriate:

Details of any disabilities, conditions, allergies, special needs or cultural needs that might affect this event:	Details of any infectious diseases he/she has been in contact with in the last three weeks:
Any other special needs:	

I understand that the event Leader reserves the right to send any participants home if deemed necessary.

If it becomes necessary for the above named young person to receive medical treatment and I cannot be contacted to authorise this, I hereby give my general consent to any necessary medical treatment and authorise the Leader in charge to sign any document required by the hospital authorities.

Signed:	Date:
Relationship to young person:	

Please use the back of this form if more space is required

Note: The medical profession takes the view that the parent's/carer's consent to medical treatment cannot be delegated. This view is explicit in The Children's Act 1989. Thus, medical consent forms have no legal status and a doctor or nurse insisting on the consent of a parent/carer to a particular treatment has the right to do so. For this reason we do not recommend that Leaders insist on parents/carers signing the statement above. However, it can be a comfort to medical staff to have general consent in advance from parents/carers or to have a Leader on hand able to sign forms required by medical authorities.