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# PATROL LEADER'S HANDBOOK



# **PATROL LEADER'S HANDBOOK**



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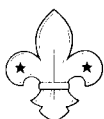


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## FOREWORD

Lord Baden-Powell, our Founder, adopted the trefoil emblem for Scouting. It was used on maps to point to the North and help travellers find their way. Like the Scout emblem, this book will help you to find **YOUR** way through the exciting job of being a Patrol Leader.

In Scouting, the position of Patrol Leader is a very important one. Being a good Patrol Leader is a challenging, exciting and rewarding job for a Scout. It means that you must be both trustworthy and willing to accept the responsibility of leadership. Yes, a Patrol Leader's job is an important one. But, it can also be lots of fun because part of your job is to see that your patrol's activities are full of enjoyment for everyone. In other words, as the Patrol Leader your job is to help your fellow Scouts to have fun.

Leadership is what makes the difference between a Scout patrol and simply a group of Scouts. So your patrol will expect a lot from you. Let us look at these expectations and how you can meet them.



## CHAPTER ONE

### BECOMING A PATROL LEADER



So now you are a Patrol Leader! Congratulations! The Scouting program allows all its members to experience being a leader. At one time or another, every Scout may get to lead an activity or do a special job in the patrol or troop. But you, as a Patrol Leader, have one of the most important jobs of leadership.

You probably felt very proud the first time you wore your Patrol Leader emblem on your uniform. But remember: **it takes more than an emblem to make a good Patrol Leader.** As you read this handbook, you will see that to do the job well, there are many things that you will have to learn and be able to do.

You became a Patrol Leader in one of two ways: either the patrol chose you as leader, or your Scout Leader appointed you. If the patrol members chose you, they held an election and voted for you. From reading about citizenship in your *Canadian Scout Handbook* you know that we choose our government by holding elections, which are a very important part of our way of life in Canada. So too, in your Patrol, the election of the Patrol Leader is very important. Just as most people think carefully about whom to vote for in municipal, provincial, and federal elections, each member of your patrol thought hard about whom to choose as Leader. So you must not let them down.

In your troop the Scout Leader may have chosen you as the Patrol Leader. But, you didn't become leader by accident! A Scout Leader thinks carefully before choosing. If he picked you to be the Patrol Leader, he first decided that you could do the job. He probably thought that you would get along with the other Scouts in your patrol. Before he appointed you as Patrol Leader, your Scout leader probably talked it over with all members personally. Your counsellor will also have given his "O.K." to the choice.

Whether your patrol or Scout Leader picked you as Patrol Leader, you represent the Scouts in your patrol. They trust you, and you have a responsibility to them, as well as to your adult leaders. Being a leader isn't always easy. So you will have to work at it if you want to be a good one.

## WHAT IS LEADERSHIP?

Leadership is difficult to explain and understand. People used to say “that person is a born leader.” Maybe some people are born leaders, but we do know that people can become good leaders by learning and practising the skills of leadership. For example, if you were made Prime Minister of Canada tomorrow, how well do you think you would be able to do the job at first? You would have a lot to learn, wouldn't you? So it is with your job as Patrol Leader —being good at it will take a little time. If you are a good leader, you should always be working to help the patrol achieve its goals.



Good leaders do this by leading in different ways, depending on the situation. One of the first things you should learn to do as a leader is to look at the people in the group and decide how well they know how to do a task. You look at their abilities. Once you have done this, you can suit your leadership to the situation. For example, if your patrol is new, or if it is inexperienced at an activity (such as camping) you may have to explain what to do to set up camp and show them how. But if your Patrol is a mix of experienced and inexperienced campers, you would be doing less telling. Instead, you would spend more time suggesting that they complete this job or that one and making sure that they have done what they were supposed to do. If all patrol members are experienced campers, they may not need much leadership from you. You may only have to keep an eye on things, just to make sure everything gets done properly and that everyone does a fair share of the work. A leader then is someone who helps a group decide what it wants to do and how it is going to do it, and helps it to achieve its goals.

It is very important to know each Scout in your patrol as well as possible. Get to know their likes and dislikes and their skills and

abilities. Knowing these things will help you do a better job as Patrol Leader.

People learn from watching others — especially from watching leaders. As the Patrol Leader, you should always set a good example. The good Patrol Leader sets personal standards, such as arriving on time for meetings, wearing correct uniform, and helping other Scouts to complete a task. If you set a good example, the Scouts in your patrol will follow your leadership and your job will be easier.

If you think for a minute, you will probably recall boys or adults who were not very good leaders. Perhaps you didn't like them much as leaders, although you may have liked them as people. On the other hand, maybe you can think of other boys and adults who you liked very much as your leader. Perhaps you liked them because they had good leadership qualities. Let's look at some of these qualities.

## **THE THREE QUALITIES OF A GOOD LEADER**

A good Patrol Leader has certain qualities or skills of leadership. Some of the qualities we look for in a good leader are: **RELIABILITY, INTEGRITY, AND THOUGHTFULNESS.**

### **Reliability**

Reliability means that when you say you are going to do something, you will do it. Every day we say we will do this or that. For example, you agree to meet someone at a certain time and place. Maybe you promised to cut the grass, shovel the snow, or wash the car. If you do these things as you said you would, then people will trust you. They know that you are reliable. However, suppose you say that you'll do something but you don't. Then, people will not trust you. They might think that you are unreliable. So whenever you say you will do something, be sure that you are able to do it. Make sure that you have time to do it and really mean to do it.

When you made your Scout Promise in front of the troop, you said you would do certain things. So be sure you do them. Your leaders and fellow Scouts are relying on you. **DO NOT LET THEM DOWN!**

### **Integrity**

A person who has integrity has "principles." A good example of a principle is honesty. Honesty means telling the truth even if it means admitting that you made a mistake. It also means telling



people what you really think, not just what you think they might want you to say. Everyone trusts an honest person. But when you tell untruths, you can be sure that someone will find out sooner or later. Then your integrity and your reliability as a person disappear in the eyes of your friends and fellow Scouts.

### **Thoughtfulness**

If you are thoughtful, you consider the feelings of others. Remember that sometimes people say things that can hurt the feelings of others. If you accidentally say something that hurts another person, always try to explain. Then he or she will understand what you really meant and will not be upset or hurt.

Always be reliable. Always have integrity. Always show thoughtfulness toward others. If you do, you will be well on the way to being liked and respected as a leader — a leader who has the three main qualities of leadership.

## CHAPTER TWO

### LEADING THE PATROL

#### The Scout Patrol

The patrol is that part of the Scout troop for which you, as the Patrol Leader, are responsible. Usually six to eight Scouts form a patrol. In most patrols, the Scouts are about the same age and in the same grade at school. They are usually good friends and enjoy doing the same things as a group. Because the patrol is a small group, all its members can share in the fun, decide what things to do, and be responsible for what the patrol does. As the Patrol Leader, you have to be sure that everyone in the patrol joins in the activities.



#### Share the Work

In a good patrol everyone has a job and is responsible for doing it well. Here are some of them.

- |           |  |
|-----------|--|
| Treasurer | — Keeps the patrol accounts, such as camp costs and dues.  |
| Secretary | — Writes letters from the patrol such as “thank you” letters, and letters to arrange visits or activities. |

- |                         |  |
|-------------------------|--|
| Quartermaster           | — Takes care of patrol's equipment and other property, for example, the Patrol library.  |
| Activity Leader         | — Takes charge of an activity such as a game, a camp or a visit. Any member of the patrol who has the right skills or knowledge can lead the activity. |
| Assistant Patrol Leader | — Helps the Patrol Leader and takes over the patrol if he is away.   |

### A word about the Assistant Patrol Leader

You and your Assistant Patrol Leader **MUST** get along well and help each other. Either choose your Assistant Patrol Leader yourself, or have your patrol elect him. Also, talk it over with your Counsellor. Allow your assistant to lead the patrol sometimes so that he can get experience in leadership. Others in the patrol must understand that the job of your assistant is to help you lead, and everyone should know that when you are absent, he is responsible for the patrol. So be sure to assign some of your work to him. For example, make him responsible for calling patrol members who miss meetings and for chairing Patrol-in-Council meetings from time to time. In this way he learns the duties and responsibilities of Patrol Leader.

### Your Scout Leader and Counsellor

Your Scout Leader is responsible for the troop members and their activities as Scouts. Therefore, your Scout leader will want to know what you and your patrol are planning and doing. So, **KEEP HIM UP TO DATE!**



The Scout leader has Counsellors to help him run the troop. Each Counsellor works with a patrol and is there to work with you and help you to organize, plan and carry out your patrol's activities. A Counsellor's job means many different things depending on the situation. For example, sometimes he may give instructions. Other times he may let you make a mistake in order to learn. But whether he tells you what to do or lets you do things on your own, he's always ready to help you to succeed as a Patrol Leader.

Find out what name your Counsellor prefers to be called because you will both be working together very closely. And remember: always tell your Counsellor what activities your patrol is planning. Discuss all activities with him, and make sure that he approves.

### **Something To Think About**

Sometimes the interests and friendships of a patrol member may change. If this happens, be prepared to talk about these changes both with him and with your Counsellor. After all, people do change, so it may be better for everyone if your fellow Scout changes to another patrol where members share his interests and enjoy the same activities.



## CHAPTER THREE

### PATROL MEETINGS

#### Organizing a Meeting

Patrol meetings should be **FUN!** You can enjoy almost any activity at a meeting! Build a campfire. Play a game. Work on a project. Go on a hike. You name it and you can do it at a meeting. The patrol meeting can also help your patrol members to earn awards by qualifying for Achievement and Challenge badges. The more often your patrol meets, the more likely you are to build patrol spirit and comradeship.



Get the members together to do things at patrol meetings outside the regular troop meeting night. You can hold these meetings either at the house of a patrol member, at your Counsellor's, or wherever your activity takes you. Here are some points to remember when organizing patrol meetings:

- When you plan a patrol meeting outside the troop night, be sure that everyone (or nearly everyone) can come.
- Before setting the time and place for a meeting, check with the patrol members.
- Schedule meetings so that as many patrol members as possible can attend.

Remember to tell your Counsellor about all your patrol meetings and what you plan to do, because he is responsible to the Scout Leader for your patrol's activities. He is especially responsible for the safety of all troop members.

- Have a look at Appendix “B” for lots more ideas about the things you can do at your patrol meetings.

## **The Patrol-In-Council**

The Patrol-in-Council is a special type of patrol meeting. You hold one whenever you and your patrol need to make decisions. Patrol-in-Council meetings can be held anywhere and anytime. You can hold them at a Scout's home, when you are at camp, or during the troop meeting.

You and your fellow Scouts can discuss anything and everything having to do with the patrol and its members at the Patrol-in-Council. For example, at these meetings, the patrol members talk about what they have done and what they want to do next and discuss how the patrol's activities tie in with the troop's activities. A Patrol-in-Council meeting is also the place to plan your hikes, camps, and other events. Another important item for Patrol-in-Council is to decide what Achievement Badges the patrol will work on. Later you will be able to talk about these plans and ideas at the Court-of-Honour. (The next chapter explains the Court-of-Honour.) All patrol members should attend the Patrol-in-Council because the whole idea of the meeting is to give each Scout a chance to “speak his mind” (say what he thinks).

For most meetings, you should have an agenda (a list of things you want to talk about) so that no items are forgotten. An agenda also helps you as Chairman, to control the meeting. Your patrol secretary should keep minutes of the meeting, so that you have a record of what you decided.

## **Chairing The Patrol-In-Council Meeting**

The chairman of the Patrol-in-Council is you, the Patrol Leader. If you can't attend the meeting, the Assistant Patrol Leader takes over as chairman.

Your job as chairman is to provide firm leadership. You shouldn't allow the discussion to get out of hand and become one long argument. At the same time, you must be careful not to force your own ideas on the patrol just because you are the leader. Instead, you and your Assistant Patrol Leader listen to the ideas of other Scouts in your patrol.

Here are some questions you should ask yourself after holding a Patrol-in-Council meeting. If you can answer “yes” to most of them, you probably held a successful meeting.

- Did all patrol members attend?
- Did everyone know about the meeting?
- Did the meeting start on time?
- Did you keep the meeting as short as possible?
- Did you have an agenda? Did you follow it?
- Did everyone have a chance to participate in the discussions?
- Were you able to keep the discussion on track?
- Did you reach decisions that everyone accepted?
- Did everyone understand what was decided?
- Did you have a break if the meeting was long?
- Did you close the meeting properly?
- If the meeting was held at a member's home, did you thank his parents and clean up?
- Did you tell absent members what happened at the meeting?



Sometimes your Counsellor attends. He can help with ideas and advise you and the patrol. For example, he might suggest ideas for badgework and activities for the patrol to discuss. Also, if you are having problems at the Patrol-in-Council meetings, talk it over with your Counsellor. Ask his advice and try new ideas that he might have for improving your meetings.

### **Reaching Decisions at Patrol-in-Council Meetings**

As previously mentioned, the patrol makes its main decisions at these meetings. Your job is to make sure the patrol discusses all the items on the agenda. If your group has to make a decision, all the patrol members should agree with it by the time the meeting ends. Members of a group can reach a decision in a number of ways. Two of these are: voting and consensus.

## **Voting**

Suppose your patrol can't decide whether to go on a camping trip or to a museum in the city. Some members want to do one thing, while some want to do the other. To decide where your patrol will go, you put the ideas to a vote and the majority wins. For example, if four members vote to go on the camping trip and only two vote for the museum, everyone goes camping. The only problem with voting on something is that those who "lose" the vote must accept the result and work with the "winners" (the majority). Some members of the patrol may not be too happy with the result of the vote and they may not want to go along with it.

## **Consensus**

Consensus is the other way of deciding something. Instead of voting, you and your patrol discuss all ideas and come to an agreement. To reach a consensus takes time and lots of discussion. Each member "gives" a little on his ideas. When all members discuss something and then agree on it, you have reached a consensus. It is not the quickest and easiest way to decide on something, but it is the best way, because all members of the patrol feel happy with the outcome.

## **The Service Patrol**

Sometimes your patrol will act as the Service Patrol (sometimes called the Honour Patrol). Being the Service Patrol gives you and your patrol a chance to show how useful and helpful you can be to the rest of the troop.

The Service Patrol has a number of duties. Usually it prepares the hall for the troop meeting. It prepares the flag for the opening, cleans up after the meeting, and does any other special tasks requested by your Scout leader or Counsellor. For example, these special tasks could be running a game, demonstrating a Scouting skill, or telling the troop about a patrol activity you have completed. When you know that you will be acting as the Service Patrol, discuss the details of what you are going to do ahead of time at your Patrol-in-Council so that all patrol members will have a job or task to do.

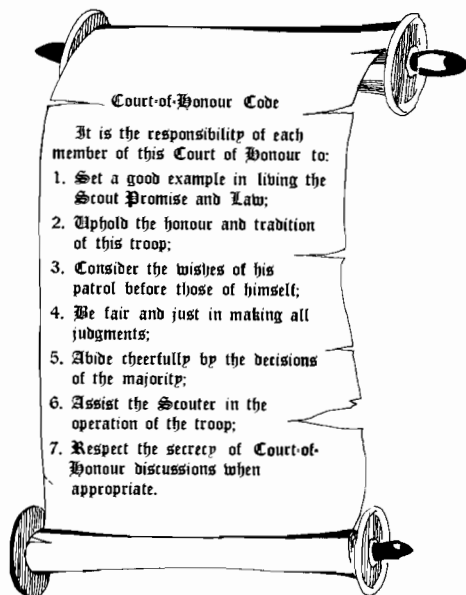


## CHAPTER FOUR

### THE COURT-OF-HONOUR

#### Taking Part In The Court-Of-Honour

Chances are that someday you'll be lucky enough to serve your troop as a member of the Court-of-Honour. You'll be given the responsibility of helping to lead not just the patrol, but your whole troop which is a real privilege.



#### Court-of-Honour Code

It is the responsibility of each member of this Court of Honour to:

1. Set a good example in living the Scout Promise and Law;
2. Uphold the honour and tradition of this troop;
3. Consider the wishes of his patrol before those of himself;
4. Be fair and just in making all judgments;
5. Abide cheerfully by the decisions of the majority;
6. Assist the Scoutmaster in the operation of the troop;
7. Respect the secrecy of Court-of-Honour discussions when appropriate.

If you're a Patrol Leader, in most troops you will automatically be a member of the Court-of-Honour. In other troops, Assistant Patrol Leaders and other elected patrol members are invited to serve this way. A large troop has one representative per patrol in its Court-of-Honour and smaller troops often have two representatives per patrol. Your Scout leader is also a member.

The Court-of-Honour decides many matters, for example, your troop's program, the types of camps you go on, and such things as where the troop should go on tour and what special service projects it should do. It may also decide how to spend troop funds.

As a member of the Court-of-Honour you are expected to represent **all** the members in your patrol. If five members want the troop to do one thing and two members want it to do something else, you should present both points of view.

To know what the members of your patrol want, you have to meet with them before holding a Court-of-Honour. You should also meet with them again afterward to tell them what was decided. Of course, some things you talk about at a Court-of-Honour are confidential (such as what to do about a problem Scout). Remember: you **should never discuss confidential patrol matters with anyone.**

Another job of the Court-of-Honour is to make sure that the honour of your troop is upheld. This is where the name comes from. Discipline and problems in the patrols can be handled by the Court-of-Honour, and when a Scout does something that seriously breaks the Law or Promise, the Court-of-Honour should discuss his behaviour with him.

Some special jobs need to be assigned to Court-of-Honour members. These are:

- |                           |  |
|---------------------------|--|
| <b>Chairman</b>           | — He calls and runs the Court-of-Honour  |
| <b>Recorder or Scribe</b> | — He records the minutes — i.e., he writes down what members say and decide at meetings. He also writes letters for the troop. |
| <b>Quartermaster</b>      | — He makes sure the equipment is looked after (camping gear, books, ropes, etc.).  |
| <b>Treasurer</b>          | — If the Court-of-Honour looks after some of the troop's funds, he is responsible for keeping the accounts.                    |

## **Three Types of Court-of-Honour Meetings**

### **1. Planning**

The first type is the long-range planning meeting, held either once a year or once a season. At this time you decide the main activities that you want in your troop's program. Hold this meeting well before the time the program starts so that you will have enough time to make all the arrangements.

A long-range planning meeting should include all of the troop's adult leaders as well as the patrol representatives. It will probably be a fairly long meeting. Before going to this meeting, be sure that you have held a Patrol-in-Council meeting with your patrol to discuss the four topics listed below.

1. the achievement level your patrol wants to work at;
2. the badges the members want to earn;
3. the most popular options within each badge; and

4. other activities (camps, tours, service projects) that your patrol would like to do.

When you have this information, you can take it to the Court-of-Honour and try to plan a troop program along with the Scouts from other patrols. In order to do this, some patrols may be asked to work on badges that might not be their first choice. If this happens, make sure that you check with your patrol before agreeing to work on these badges.

## **2. The Business Meeting**

A second type of Court-of-Honour meeting is the business meeting, held once each month. This meeting also includes the adult and patrol representatives. Here you discuss running your troop and fill in the details about what your patrol will be doing for the next month. (What time are we going to camp? Who is arranging the tour? Where are we getting the rope for the knot practice?) The Chairman of the Court-of-Honour should have prepared an agenda (a list of business and topics that your meeting will cover) ahead of time. An agenda might look like this:

1. Open with Scout's Silence. (This is a time for silent prayer or your personal thoughts).
2. Minutes of the last meeting.
3. Reports from the Treasurer and Quartermaster.
4. Reports from the patrol representatives about what their patrols have done since the last meeting.
5. Old business — discussion (follow-up on things talked about at earlier meetings).
6. New business — discussion (such as ideas for activities not already in the program).
7. Problem-time discussion (such as what to do about boys in patrols who are causing problems).
8. Scout Leader's Five minutes — give your leader a chance to talk about things that concern him in the troop.
9. Summary — remind each Scout about the job he has to do.
10. Decide on the time and place of the next business meeting.
11. Close with Scout Prayer or Silence.

## **3. The Check-Up-Meeting**

The third type of Court-of-Honour meeting is the Check-up Meeting. It is held for about 15 minutes at the end of each troop meeting to make sure that everyone knows what to do for the next one. Troop members can also talk briefly about any problems with activities during the meeting.

## Your Scout Leaders and the Court-of-Honour

Your Scout leader has a special position in the Court-of-Honour. Although he doesn't have a vote, he certainly does have opinions and you should listen to these carefully. If your Court-of-Honour has any new members, you can expect your Scout leader to play an active part in the meetings. Perhaps he may even act as Chairman for awhile.

Since he has to answer to your parents for whatever the troop does, he makes the final decisions. But, as you gain experience and show that you can make good decisions, you'll probably find that your Scout leader lets you boys do most of the talking and deciding.

Whether or not you get to make most of the decisions at the Court-of-Honour will depend on whether you have proven to your Scout leader that you are responsible leaders. If you make selfish or silly decisions, the Scout Leader probably won't want to let you help run the troop. Only when the members of the Court-of-Honour show that they are seriously thinking about the good of the whole troop can they earn the privilege of making decisions which will affect all its members. If you're asked to serve in your troop's Court-of-Honour, will you be ready?



## CHAPTER FIVE

### PLANNING YOUR ACTIVITIES FOR THE SCOUTING YEAR

If you want to have an interesting and fun-filled Scouting year, you and your patrol will have to plan ahead. This chapter gives you some tips on planning ahead.



At your Patrol-in-Council meetings you will have discussed and agreed on the things you could do both as a patrol, and as individuals. But you may find that you don't have enough time to do everything that you want to do. So, you and your patrol will have to decide which activities you can fit into the time you have and which ones will have to wait. In deciding what you are going to do and how much time you will spend on many various activities, you are making plans.

Sometimes you can plan an activity only a few days ahead; but at other times, you will have to make your plans well ahead of time. For example, suppose you want to get someone to talk to the patrol about how to choose camping gear and clothing (perhaps the owner of a sporting goods store). You will have to talk to the person about three or four weeks ahead of time to set a date, time and place.

In any planning that you do, you have to list all the tasks that have to be done before the event or activity can take place. Then make sure that you have assigned each task to someone in the patrol. Check up often to make sure that people are doing what they are supposed to do. Remember that even the best plans can run into problems. If you find that you have to change the plans, be sure the whole patrol agrees and that everyone knows about them.

## **Working Toward Achievement Badges**

Often the patrol will have difficulty in agreeing about what Achievement Badges to work on. As the Patrol Leader, you have to find the common interests — in other words, what activities all the Patrol members want to do as a group. Then you work these into your program so that the patrol can work toward the badges.

To help to find out what the patrol's common interests are, you can use the "What Are We Going To Do This Year?" planning guide in Appendix "D". Have your patrol members list all the things they would like to do as a group to find out what their common interests are. With your *Canadian Scout Handbook* (pages 44-73,) you and your patrol can decide which Achievement Badges you want to work on. It would be a good idea to have your Patrol Counsellor at the meeting to help you choose and give advice.

Achievement Badges are earned in three stages, — Bronze, Silver and Gold. Usually, you follow the Achievement Award Trail by completing the Bronze level before moving on to the Silver and Gold levels. The exceptions to this rule are the First Aid, Life Saving and Swimming Badges. You may earn these badges at any level. When you discuss the Achievement Badges, your Counsellor may decide that you have completed the main requirements of a lower level and allow you to begin work at the next higher level. Your patrol should work together as a group to meet the requirements of the Achievement Awards. You will find that the troop program you helped plan at the Court-of-Honour will include many of the requirements for the Achievement Badges, especially in the outdoor activities. Your patrol should try to advance one Achievement Award per year. For every Scout in the patrol to do this, it has to be an active and well organized group.

## **Challenge Badges**

Challenge Badges are for individual Scout interests. A Scout earns them on his own, outside the patrol and troop activities. For most Challenge Badges, each Scout sets his own goals, with the help of an adult, according to his abilities. Your Counsellor and Scout Leader can help you to set the Challenge Badge goals.

Remember that patrol members can work toward the Challenge Badges on their own while they are working with the group to earn the Achievement Badges.

## CHAPTER SIX

### THE PATROL AND THE OUTDOORS



This chapter covers some important points about outdoor activities (especially camping) and how to prepare for them. Make sure you read it carefully. Your *Canadian Scout Handbook* also covers many of the topics included here. So you should read it too, because it contains more details about the gear and food you will need for various outdoor activities.

We'll tell you what sections of the handbook you should read as we go along. The information here and in the handbook will help you to have safe, healthy, and enjoyable experiences in the great outdoors.

#### **Let's Get Going — Outside!**

Most troop and patrol meetings are held indoors. These meetings allow you and your patrol to learn Scouting skills. When you go outdoors, you practise them. In the outdoors, Scouts not only practise their skills, they learn new ones. The Scout program is built around outdoor activities. Therefore, any troop or patrol must do as many activities as possible outdoors. Remember, you can't meet the requirements for the Achievement Badges by staying indoors.

The Patrol Leader and the patrol members really get to know each other in the outdoors. Unless you and your patrol move outside and practise the outdoor skills you have learned, you'll never get a chance to know how good you are at using them. Also, if you stay

indoors, how will you be able to use your leadership skills? How could you know **for sure** that you would be a good leader under tough conditions? For example, what would you do in bad weather if you found that the Scouts in the patrol were not as good as they thought they were at putting up their tents? What would you do if four Scouts in your patrol of six got lost on the compass activity? These situations require leadership and the ability to make decisions on the spot.

Keep a log of your patrol activities over the year. Each month, add up the time spent indoors and the time spent outdoors. If your patrol spends more time outdoors than indoors, your patrol is active, and it is meeting the goals of Scouting. However, if it is the other way around, ask yourself: "Am I doing my job as Patrol Leader?"

**In your outdoor activities make sure that what you are doing does not harm the environment. Cutting live trees, lighting fires on the ground and leaving your garbage are some of the things that hurt nature. As our Founder B.-P. said, "leave nothing behind but your thanks."**

## **Camping — A Great Experience!**

Of all the things you can do outdoors, camping has to be about the most fun. Usually, camp is either a "standing camp" or a "moving camp". At a standing camp, such as the troop summer camp or the patrol weekend camp, you stay in one spot. At a moving camp, you change your camp site each day. Trail hiking, bicycling and canoeing are usually moving camps.

### **The Standing Camp**

At a standing camp you must plan your daily activities to fit both the natural surroundings and the features of the site. For example, if camp is beside a lake or river, and if you can get canoes or other water equipment, you might spend most of your time swimming, snorkelling, rowing, canoeing, etc. Other campsites may allow you to do activities related to earning specific badges. Day or overnight hikes, nature walks, obstacle courses, pioneering and wide games are examples. Depending on where your campsite is, you could visit local places of interest for a day or half-day trip to meet the Citizen Badge requirements.

### **Moving Camp**

In the moving camp you follow a planned route each day. Each day you take down your tents, pack your equipment, and move on.



This type of camp is more strenuous, so all Scouts should be physically fit.

Planning for this type of camp is very important. For example, it is no use planning to hike twenty kilometres each day to a new campsite if the physical size and fitness of the Scouts will allow them to hike only ten kilometres. In planning ahead for a moving camp, you should go on two or more practice hikes to find out how far the Scouts in your patrol are able to go. Also, if you are going on a canoe trip, everyone must have some training on handling a canoe and be able to swim.

In Appendix “E”, you will find many activities for the Patrol to do in the outdoors, as well as hints on camping. Your *Canadian Scout Handbook* has plenty of ideas too. Read the sections on Campcraft, Conservation, Water Activities, and Winter Camping for more ideas about outdoor activities.

## **Camping Gear**

No matter what type of camp you are holding, be sure that you and your patrol have the proper clothes. Having proper clothes for camping is very important. You **must** have warm boots and clothing for winter camping and light clothes for summer camping. However, summer or winter, you must dress according to where you are camping. For example, if you are camping in the mountains during summer, you would still need warm clothing because the temperature is usually lower at higher altitudes.

## **Your Sleeping Bag**

The sleeping bag is perhaps the most important item of personal gear. If you are winter camping the bag must be able to keep you warm in low temperatures.

## **Backpacks**

Backpacks for carrying your personal gear should feel comfortable on your back and shoulders. A comfortable backpack is very important if you are going on a moving camp. Be sure the load in the backpack isn't too heavy for the person who has to carry it.

Have your patrol members practise packing and carrying their equipment at your patrol meetings. This exercise also gives everyone a chance to check the contents of his pack and make sure that he has packed everything he needs.

## **Boots and Shoes**

When hiking or backpacking, your feet and legs do most of the work. Sore feet can ruin a camping trip. So, be sure to wear well-fitting strong footwear to prevent sore and blistered feet!

Before your trip, go on practice hikes carrying your packs (full), and wearing your boots or shoes. Doing this lets you make sure that packs and shoes are comfortable. At the same time, the exercise gives you a chance to tone up your muscles and find out how far the Scouts in your patrol can travel fully loaded.

## **Keep Yourself Clean**

Personal cleanliness is always very important. But while at camp, you have a special responsibility to your leaders to make sure that the Scouts in your patrol keep clean. Make sure that you (and everyone else in the Patrol) wash every day. Washing is especially important before meals and after using the toilet. Be sure each of your Scouts has soap (and uses it), a towel, a toothbrush, and a comb or brush.

In Appendix "F" you will find more tips on your personal gear and patrol equipment. Your *Canadian Scout Handbook* also lists equipment you will need in the chapters on Campcraft and Winter Scouting.

## **Eating Well On The Trail**

### **Your Menu**

You and your patrol must know how to plan a suitable menu for the kind of camping trip you are going on. Whether you are going camping for a day, a weekend, or longer, you have to have enough food to satisfy hunger and provide a balanced diet. A standing camp menu can be very much like the food you eat at home. It would contain a variety of dairy foods (milk, cheese), meat, fruits and vegetables, breads and cereals. Menus for moving camps could have some of these foods, but you also have to think about the weight of the food and how much room it takes up in a backpack because you have to carry it with you. Also, you have to remember that some foods (such as milk and meat) "go bad" quickly without refrigeration. You can buy many different kinds of food that are specially packed "trail foods". Your local grocery store also has many items of dried and concentrated food that are suitable for moving camps.

**Remember:** in camp you don't have a refrigerator! Buy perishable foods only as you need them. Otherwise, don't include them in your menu.

Here are some suggestions for varying your menu:

- Breakfast:** Orange juice, cereal, oatmeal, fresh fruit, eggs (poached, scrambled, fried, boiled), sausages, bacon, fried potatoes, beans, pancakes, jelly, peanut butter, honey, syrup, tea, coffee, milk, hot chocolate, cold chocolate.
- Lunch:** Salads, cooked meats, soups, hot dogs, chips, cookies, cheese, lettuce, tomatoes, apples, oranges, bananas.
- Dinner:** Hamburger, bacon, stew, sausages, fish fillets, spaghetti, peas, carrots, potatoes, chips.
- Bedtime:** Soup, hot chocolate, cookies.

The chapter on Campcraft in your *Canadian Scout Handbook* provides more details and also recommends quantities per person per day to help you in ordering your food.

Plan your menu so that it contains all the basic foods in the correct amounts. Obviously, a camp that lasts a week or longer is more important as far as diet is concerned than an overnight or weekend camp.

Whatever items you put on your menu, they should be easy to cook over a stove or on a wood fire. Also, watch the preparation time! You and your patrol do not want to be cooking all day and missing out on other Scout activities. Plan on about 45 minutes for preparing breakfast, 30 minutes for lunch, and no more than 75 minutes for dinner. Always try to have a good breakfast followed by a light lunch, and end your day with a substantial dinner.

Let all members of the patrol try their hand at preparing and cooking the food and, of course, cleaning up. You could draw up a duty list so that everyone shares the jobs, including yourself.

When you have decided on your menu, you then make up your detailed shopping list. It should show the quantities of all items needed. Remember to add a few things for cleaning up such as detergent, paper towels, pot cleaners, matches and toilet paper.

Have a look at Appendix "G" for ideas on things to cook. You can do this at patrol meetings before you go to camp.

## CHAPTER SEVEN

### THE PATROL IN THE COMMUNITY

What is a community? A community is made up of people — all the people in your city, town or village, outside your Scout troop. One of the goals of Scouting is to help you become a good citizen and take your place in the local community. One of the best ways for you and your patrol to fit into the community is to plan activities involving those around you.

You won't really be able to be part of your community unless you know something about it. So, finding out about your local community is one of the most important patrol activities. As the Patrol Leader, it is your job to make sure both you and the Scouts in your patrol get to know your community and participate in its activities.

We wonder why people live in communities at all. Imagine what it would be like if you just lived alone away from other people. You would have no services, such as schools, libraries, movies, and shopping centres. Actually, almost everyone in a community works at providing some kind of service to others. Check how many of the following services your community provides. (This is a good patrol activity). Then see if your parents, teachers or Scout leaders can think of any more:

Health	Stores
Protection	Citizen groups
Transportation	Volunteer organizations
Recreation	Religion
Entertainment	Government
Industry	Agriculture

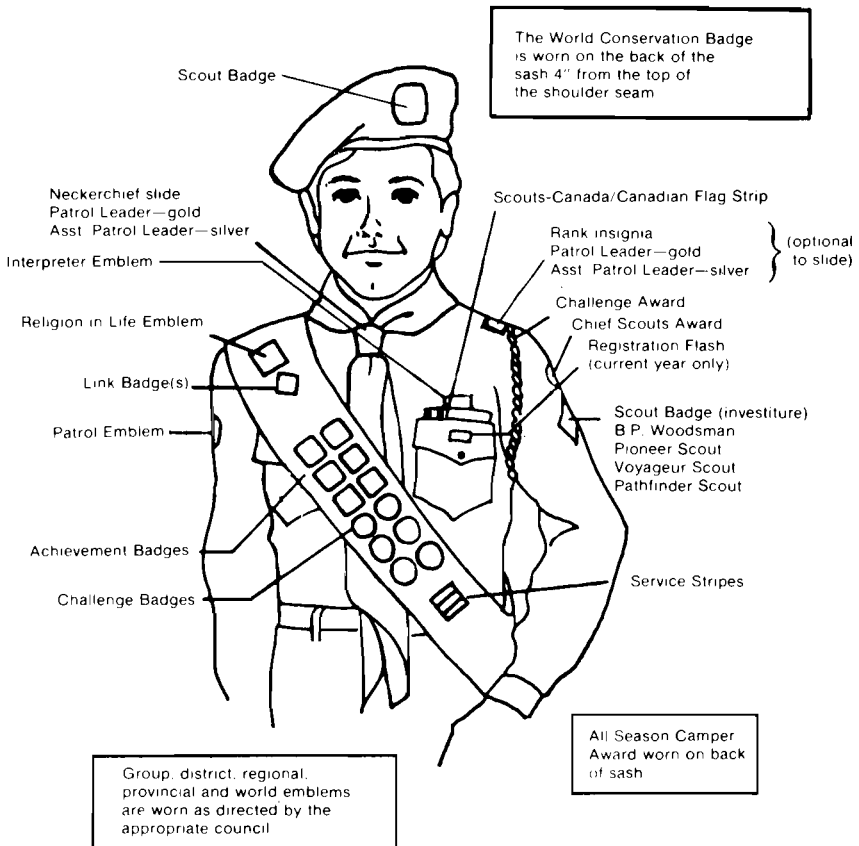
From the list choose those which the Patrol would like to know more about. See Appendix "H" for a list of places and people providing these kinds of services.

When you and your patrol look at the requirements for the Achievement Badges, you will discover that visiting places of interest in the community and helping others form a large part of the badge requirements. The major requirement of the Citizen Badge involves your patrol knowing where various important services (e.g., hospitals, fire halls, churches, synagogues) are located. Visiting local government buildings and participating in community service are also part of the Citizen Badge requirements. Include these activities in your yearly troop and Patrol program. They are required by all Scouts in order to progress on the bronze, silver and gold Achievement Awards.

## CHAPTER EIGHT

### YOUR SCOUT UNIFORM

You know that you are a Patrol Leader, and your Scouts know that they are Scouts. So how do others in the community know? First they notice your behaviour and that you are polite, well mannered and helpful to others. But what they also recognize is your Scout uniform. Your uniform shows that you are a member of the largest youth movement in the world. Always wear your Patrol Leader uniform with pride, and set an example to your patrol members. Wear it at patrol and troop activities, when taking part in community services, and during Scout week in February. Remember that a correct, clean, well kept uniform is a credit to you and Scouting. The chapter “Who Are The Scouts?” in the *Canadian Scout Handbook* describes your uniform in detail.



## APPENDIX “A”

### Electing A New Patrol Leader

The outgoing Patrol Leader should chair the Patrol-in-Council meeting for the election of the new Patrol Leader. If you are a new patrol, then your Scout leader or Counsellor may chair the meeting. An adult leader should attend to advise as necessary but would not vote.

### Nominations

To begin the election, the Chairman will ask for nominations (the word “nomination” comes from the verb “to nominate”, which means to suggest a name). Patrol members can write the name or just say, “I would like to nominate Bob to be our new Patrol Leader”. After a person nominates someone, a second person says “I second the nomination”. This means “I agree with the nomination”. A seconder for a “nomination” is not always necessary. If another Scout wants to “name Tom” to the job, he nominates Tom. If both Tom and Bob want the job, the two will stand for election. The Chairman says “Are there any other nominations?” If no other names are offered, the chairman will close the nominations by saying “I declare the nominations closed”. This means the patrol can vote only for either Tom or Bob.

### The Secret Ballot

The Chairman will then give each Scout a piece of paper called a “ballot”. He writes one name only on the ballot — either Bob’s or Tom’s. Each Scout should make sure that no one else sees the name (the person voted for) on the ballot. This is the **secret** ballot. Each Scout folds the ballot (to hide the name) and hands it to the Chairman, who adjourns the meeting and checks the ballots. If most Scouts have written Tom’s name, Tom will be the new leader. If most have written Bob’s name, he will be the leader. The chairman must honour the trust put in him to count the votes fairly. He then calls the meeting to order again and declares the winner. The ballots are then torn up, thrown away, and the votes kept secret.

The new Patrol Leader then takes over as Chairman of the Patrol-in-Council and leads any further discussion.

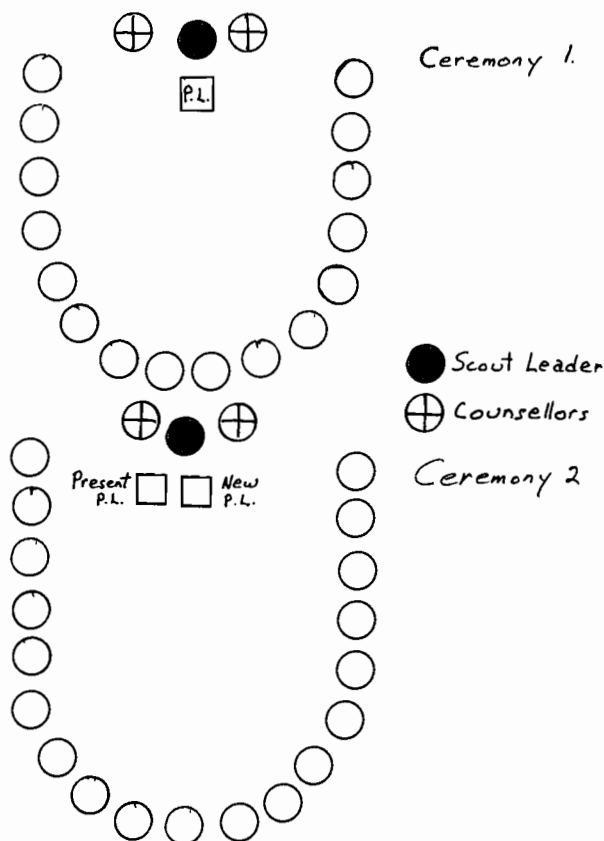
### The Patrol Leader Ceremony

After you have chosen a Patrol Leader you should hold a short ceremony to show the importance of his position in the troop and

patrol. Many troops have a traditional ceremony that they have been using over many years. If your troop does not have one, it could discuss having one at the Court-of-Honour. Always remember that any ceremony must be simple, short and sincere.

A simple but meaningful ceremony could go something like this: The Scout Leader, in front of the troop, asks the newly elected Patrol Leader if he is willing to carry out the duties and responsibilities of being the Patrol Leader. The new Patrol Leader would answer "Yes", and then say the Scout Promise. The Scout Leader or the Patrol Counsellor would then present the Patrol Leader emblem to the new Patrol Leader.

Here is another idea for a ceremony: the present Patrol Leader introduces the newly elected Patrol Leader in the horseshoe formation to the Scout Leaders and his fellow Scouts. The Scout Leader, as above, asks if the new leader is willing to carry out his duties. After the new leader says the Scout Promise, the retiring Patrol Leader presents the emblem to the new Patrol Leader.



## APPENDIX "B"

### Patrol Meetings

Here are some activities that you and your patrol can try. Many of them will satisfy Achievement Award requirements, so be sure to check your *Canadian Scout Handbook*. Here we go:

- Know your emergency telephone numbers: police, ambulance, poison control, hospital, fire station.
  - Question: Can you arrange to either visit a fire station, police station, etc., or have someone involved in one of these services give a talk?
  - Question: Can you arrange to either visit a large Post Office, or have the person in charge talk to your patrol?
- Plan a patrol stunt or skit, yell or song. Put it on at a troop campfire or parents' night.
- All members of the patrol should be able to cook. Try cooking a meal. See Appendix "G" for menus and some ideas about what to cook.
- Do some backwoodsman cooking. Try baking a potato in foil.
- With the use of a calendar, start a patrol log of the daily weather conditions and wild life sightings.
- Plan a tour of your neighbourhood for a visitor. Each member of the patrol should be prepared to talk about a place of interest or a community service.
- Arrange for your patrol to visit your local town or city council, a law court, a police station, fire station or library.
- Make a "table top" model of a campsite using cardboard, stir sticks, tooth picks, thread, glue and paint.





- Keep a log of your patrol's activities and camps. Keep a record of your menus and food quantities for future reference.
- Practise map reading. Set map co-ordinates for other Scouts to find on a map.
- Go on a hike. Plan a compass route, and try following it.
- Make a knotting board showing the Scout knots.
- Practise your lashings — build a camp table, tripod or other gadget.
- Have each member of the patrol make a personal first aid kit.
- With one member of the patrol as the patient, practise making triangular bandages for the head, arm, knee and foot.
- Arrange for an expert (such as an experienced camper, woodsman, or forest ranger) to visit and demonstrate his or her skills and knowledge — such as wood chopping, conservation, orienteering, camping and cooking equipment, etc.
- Build a go-kart and challenge another patrol to a race.
- Make and fly three kites, one at least 2 metres long. See who can keep them in the air the longest and challenge another patrol.
- Have each patrol member make a pair of snowshoes and go on a snowshoe hike.
- Make a toboggan that can carry everyone in your patrol.
- Practise training your memory. Give each Scout a message at the start of the meeting that he must memorize. At the end of the meeting, have each Scout write the message down to see how well he remembered it.
- Ask each Scout to bring along an exhibit to do with his hobby (for example — collecting stamps, building models, playing an instrument, etc.).



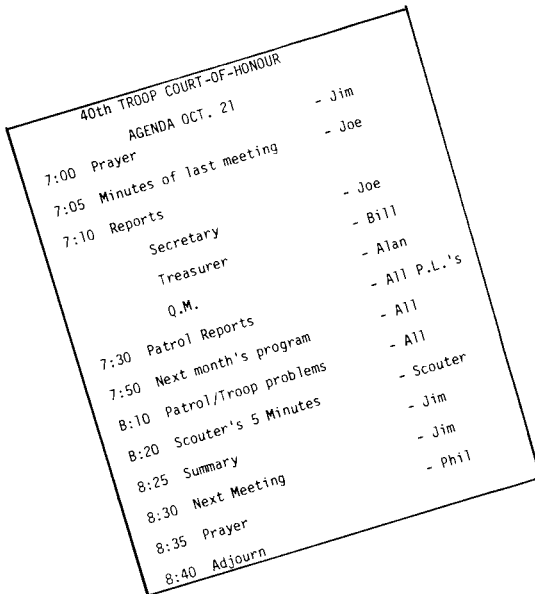
- Have a question and answer period and try to learn about each others' hobbies.
- Try making a scale map of your neighbourhood. Locate all places of interest and services.
- Try estimating the height of buildings, hydro poles, bridges, each other, etc. See the Campcraft chapter of your *Canadian Scout Handbook*.
- Practise erecting a tent and repacking it. Have Scouts work in pairs and have competition to see who can do it in the least time.
- Try estimating time. Have the members of your patrol sit down and get up when they estimate:
  - one minute has passed,
  - 30 seconds have passed,
  - 2 minutes have passed.
- How well do you know Canada? Have each Scout present five Canadian geographical facts (e.g., Canada's five largest cities; five Canadian rivers, mountains, and lakes; the five time zones; the five smallest provinces).  
Other non-geographic facts: name five prime ministers, and five important dates in our history.
- Bring a completely packed backpack to a meeting. Explain how to pack it and discuss the differences between the equipment you need for a one- day, weekend, and a week-long camping trip.
- Arrange through your Counsellor or a parent to visit a company or factory. Write a report on the visit, and present it to the troop.



## APPENDIX "C"

### A Typical Agenda For The Court-Of-Honour

- Open the meeting with a short prayer or Scout silence.
- Have the secretary read minutes of the last meeting.
- Hear reports from secretary, treasurer, and quartermaster.
- Hear individual patrol reports on what each patrol has done since the last meeting.
- Review things that your patrol has talked about at earlier meetings but which you have not completed yet.
- Talk about next month's program.
- Discuss new ideas not included in the planned program.
- Discuss problems within the patrol or the troop, and decide how you should resolve them.
- Scouter's Five Minutes — this gives your Scout Leader an opportunity to talk about things that concern the adult leadership.
- Summarize the meeting — decisions made, jobs to be done, and who is to do them, and when they should be done.
- Agree on when and where you will hold the next meeting.
- Close the meeting with a short prayer or Scout silence.



40th TROOP COURT-OF-HONOUR		
AGENDA OCT. 21		
7:00	Prayer	- Jim
7:05	Minutes of last meeting	- Joe
7:10	Reports	
	Secretary	- Joe
	Treasurer	- Bill
	Q.M.	- Alan
7:30	Patrol Reports	- All P.L.'s
7:50	Next month's program	- All
8:10	Patrol/Troop problems	- All
8:20	Scouter's 5 Minutes	- Scouter
8:25	Summary	- Jim
8:30	Next Meeting	- Jim
8:35	Prayer	- Phil
8:40	Adjourn	

## APPENDIX "D"

### What Are We Going To Do This Year?



WANT TO GO CAMPING? ... VISIT NEW AND INTERESTING PLACES? ... TOUGHEN YOUR MUSCLES? ... LEARN TO DEAL WITH EMERGENCIES? ...

WANT TO BE A PIONEER SCOUT? ... A VOYAGEUR SCOUT? ... A PATHFINDER SCOUT? ... HOW WOULD YOU LIKE THE PRIVILEGE OF WEARING THE CHIEF SCOUT'S AWARD? ...

A SCOUT IN AN ACTIVE PATROL CAN EARN ONE OF THESE AWARDS IN A YEAR.

YOU AND YOUR PATROL CAN DO THESE THINGS AND, MOST IMPORTANT, HAVE FUN WHILE DOING IT. TO MAKE SURE THESE THINGS HAPPEN MEANS GIVING SOME THOUGHT TO WHAT EACH MEMBER OF THE PATROL WOULD LIKE TO DO IN THE COMING YEAR. IT MEANS TEAM WORK AND DECIDING WHAT YOU WANT TO DO AS A TEAM. THE FOLLOWING FORM WILL HELP YOUR PATROL DECIDE WHAT YOU WANT TO DO THIS YEAR. IT WILL ALSO BE USED BY YOUR SCOUTERS TO PLAN ACTIVITIES FOR MEETINGS.

YOUR PATROL WILL NEED:

- 1) A SHARP PENCIL;
- 2) A PATROL MEMBER WHO WRITES CLEARLY AND NEATLY;
- 3) COPIES OF THE LATEST EDITION OF THE *CANADIAN SCOUT HANDBOOK*.

## WHAT WE ARE GOING TO DO THIS YEAR

## PATROL

**A patrol of Scouts does things together: List the things the members of this patrol want to do this year.**

**SAMPLE**

Achievement badges lead to earning the Pioneer, Voyageur, or the Pathfinder Awards. Refer to your *Canadian Scout Handbook* to see how.

You have listed the things you want to do. Now ask your Scouter to help your patrol select the badges your patrol wishes to earn. He will also help you select the stage at which you will work (bronze, silver or gold). The badge requirements chapter in your *Canadian Scout Handbook* will help you make your decisions.

We want to earn the		Scout Award.
ACHIEVEMENT BADGES		OPTIONAL BADGE REQUIREMENTS SELECTED
OUTDOORS		
CITIZENSHIP		
SERVICE		
PERSONAL DEVELOPMENT		

SAMPLE

## APPENDIX "E"

### The Patrol And The Outdoors

Camping and the outdoors is fun when your patrol members work together as a team and share the many jobs that have to be done.

As the Patrol Leader you have to be a good camper and know the rules of the game and the skills of camping. The Campcraft chapter of the *Canadian Scout Handbook* describes all the basic things you have to know and be able to do relating to camping. If you have the chance, attend a Patrol Leader Training camp. This camp could be run by your Scout Leader and Counsellors or by your district, region or province.

Before you have an outdoor activity or a camp certain things have to be done:

- Decide on the type of activity.
- Decide where and when.
- Get permission — parents, leader/forms or permits required/medical forms.
- Arrange for equipment.
- Get personal gear.
- Arrange food and menus.
- Decide on a program.
- Arrange for transportation.
- Find out costs.



## Outdoor Activities For The Patrol

An outdoor activity can be quite short, perhaps only half an hour. Or it can be as long as you wish — perhaps an entire weekend. Always explain the purpose of activities to your patrol. Make a patrol log of all that happens, and encourage the artists in the patrol to draw the things that they saw.

Here are some of the things you might like to try:

- Have a skating party (roller or ice).
- Organize a swim meet.
- Have a team game such as soccer, basketball, or ball hockey. Challenge another patrol.
- Have toboggan races with another patrol.
- Have a go-kart race.
- Plan a bicycle trip.
- Go on a snowshoe hike or cross country ski trip.
- Plan an overnight hike. Use the stars and your compass to map your route.
- Go on an afternoon or day trip. Visit a local historical site or museum.
- Go on a nature hike.
- Do a favour for somebody.
- Have a scavenger hunt. Collect as many items as possible beginning with a certain letter or items of a certain colour.
- Overnight camp activities: Test personal equipment; cook a meal; take a wildlife walk; make some gadgets.
- Weekend camp activities: Try cooking in foil, do a pioneering project; make a raft; make an oven; set up an obstacle course.
- Fishing contest: Make your own rod; set up a camp kitchen using natural materials.





- Rope/knotting session: Make a bridge and rope slide; climb a cliff; practise using a rope for lifesaving (from water and fire); put up a flag pole; practise anchoring a rope.
- Fires: Make three different types (tee-pee, square, criss cross); boil a cup of water or a bag of water as quickly as possible; make a dirt and stone oven and cook something; use a magnifying glass and the sun to light your fire; try using tin foil to reflect heat from your fire.

## Camping Hints

- Shake your sleeping bag to fluff up the down or Dacron fill before crawling in. A compressed bag is a cold bag.
- Clean, shining camp pots may look very nice, but leaving a pot black from fire flames increases its heating ability by 20%. This not only saves fuel but takes less time.
- Oak, birch, white ash and locust are all good as firewood, but hickory gives the hottest, longest-lasting fires.
- When you have finished cooking, set your cooking pot to one side. Perhaps if you give them their own plate, the bees wasps, flies and other bugs will stay away from yours.
- Remember that mosquitoes and biting flies seem to like dark-coloured clothing. Dress in light coloured clothing so you won't attract the biters.
- Do not spray insect repellent on Spandex (from which many bathing suits are made), tent fabrics, plastic and painted surfaces. The repellent can damage these materials.
- You need even heat for griddle cooking, so use the griddle only over coals or on a stove.
- Use a squeeze bottle filled with cooking oil for easy, even griddle greasing.
- To test the griddle temperature before cooking, let a drop of water fall onto the surface, if it lies there and bubbles, the griddle is too cool. If the drop pops and jumps, it's time to cook. If the drop sputters and disappears, it is too hot.
- When paddling alone in an empty canoe, you should move up to the thwart just in back of centre. Paddling in this position will keep the bow lower in the water, and it will not catch the wind so easily.
- If your canoe leaves a "snake-wiggle" wake on the water, you have loaded it too heavily in the bow. Keep the weight slightly to the stern for easy steering.
- Having a problem cleaning out a pot? Rub with salt — it works.

- When on a camping trip, change your socks and wash your feet daily. If you are a tenderfoot, you can reduce the likelihood of blisters by rubbing a little soap on the back of your heels and inside the heels of your socks.
- Tired feet? Rest them in warm or hot water and then in cold water.
- When loading your backpack, try putting more of the heavier items toward the top. This puts the load on to your shoulders, so you will be more comfortable and less tired.
- Place your tent so that the closed end is facing the wind.



## APPENDIX "F"

### Equipment



The equipment you will need for your outdoor activities will depend on what you are going to do and the length of time for the event. On a half or full day activity you would require a small sack, large enough to carry a packed meal, personal first aid kit, compass and personal items such as a camera, comb, etc.

Here is a list of optional equipment.

#### Personal Equipment

This list of personal equipment is basic for a camp of one or more nights.

- Backpack: depends on the activity, but frame type is the most popular.
- Sleeping bag: if you are all season camping, buy the bag with the lowest temperature rating you can afford.
- Ground sheet.
- Flashlight: carry a spare bulb and battery.
- Folding knife.
- Compass.
- Matches in waterproof container.
- Personal first aid kit.

- Raincoat or poncho.
- Extra clothing in plastic bag (socks, underwear, extra shirts, pants, pyjamas, jacket, swim trunks, depending on the length and type of camp).
- Toilet kit in bag, washcloth, comb, soap, towel, toothbrush, toothpaste, metal mirror and toilet tissue.
- Repair kit, safety pins, needle and thread, shoelaces, length of cord.
- Plastic cup, spoon and bowl.
- Knife, fork and spoon.
- Wear clothing suitable to the season and terrain.
- Tent, unless provided by patrol or troop.

### **Optional Personal Equipment**

The optional equipment is your choice, but remember: you have to carry it! Be sure your Scouts do not get carried away with the optional equipment. They will often take too many things that they think they will need and then never use. Consider all optional items shown in the list below carefully. If you are not sure you will need an item, leave it at home.

- |                          |                                   |
|--------------------------|-----------------------------------|
| — Foam pad.              | — Camera, binoculars, extra film. |
| — Sunglasses.            | — Map/whistle.                    |
| — Protective sun lotion. | — Notebook and pencil.            |
| — Insect repellent.      | — Foot powder/lip salve.          |
|                          | — Water bottle.                   |

### **Patrol Equipment**

#### **Cooking**

- stove, two pots, frying pan, can opener, plastic food containers, large spoon and fork, salt and pepper containers, aluminum foil, pot gripper, and spare stove fuel.

#### **Tools**

- swede saw and hand axe, small shovel, small needle nose pliers, tent repair kit, cord for lashings, and spare plastic bags.

#### **Health and Safety**

- water container (8-10 litres), dishmop, scouring pads, detergent, paper towels, wash basin — plastic (for washing up).

## Tents

- two-man tents.

## Optional Patrol Equipment

- mixing bowls,
- lantern,
- plastic table cloth,
- grill — griddle,
- carborundum stone for sharpening knives, axes, etc.

## Equipment Hints

— When buying a knife, check whether the blade is made of carbon steel or stainless steel. Carbon steel can be sharpened more quickly than stainless can, but a stainless steel blade holds its edge longer and will not discolour.

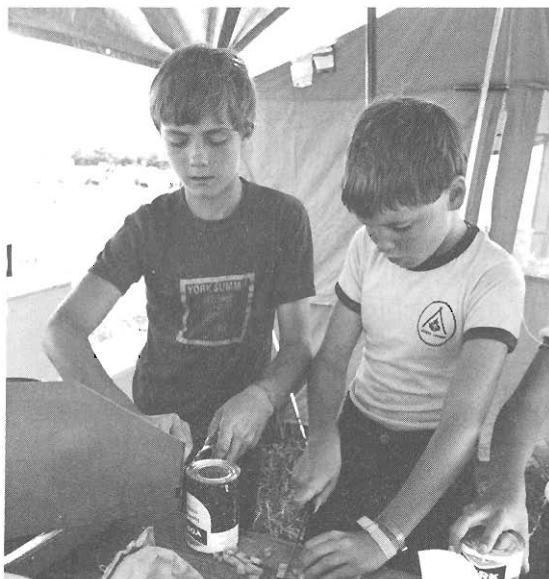
— Always keep your knife sharp. Use an oiled stone of medium grade and keep the blade at 20 degree angle. For pocket knives this means raising the back edge of the blade about 3 mm from the stone. Always push the blade away from you in a motion as though you were “shaving” the stone.

- A sharp knife is a safe knife! Be sure you know how to use it.
- Cooking stoves — **Never, never** refill a stove if it is hot or when the burner is on. Store the fuel container well away from the fire, stove or cooking area.
- A multi-bladed knife is more useful than a single blade sheath knife.
- Your tent: always brush out your tent before folding and **never store a wet tent**. If you do, it will rot and smell mouldy.

## APPENDIX “G”

### Menus And Cooking

Here are meals that are reasonably quick to prepare and cook. Try making them as a patrol activity before you go to camp.



### BREAKFASTS

#### Fried Eggs

- Put a small amount of cooking oil or margarine in a frying pan.
- Break eggs into frying pan. Use low heat and cook slowly. Put lid on frying pan so top of eggs will cook. If you are an expert, flip them over without breaking the yolk.

#### French Toast

- Beat eggs with fork. Add milk and salt to taste.
- Put small amount of cooking oil or margarine in pan.
- Dip a slice of bread into the mixture, and place in frying pan.
- Cook until golden brown and serve with syrup or brown sugar and cinnamon.

## **Eggs and Sausages**

- Fry sausages in frying pan until brown.
- Break eggs into frying pan after frying sausages.
- Use low heat and cook slowly.

## **Scrambled Eggs**

- Break eggs into a bowl and beat with a fork.
- Add some milk and salt and pepper to taste.
- Mix well.
- Put small amount of cooking oil or margarine in frying pan.
- Pour mixture into the frying pan.
- Use low heat and stir with fork while cooking.

## **Bacon Strips**

- Put small amount of cooking oil or margarine in frying pan.
- Put bacon in pan and cook until golden brown or crisp as you prefer.

## **Fried Bread**

- After cooking your bacon try frying some slices of bread in the gravy or juices.
- Cook until crisp then drain on paper towel.

## **Trail Breakfast**

- Before you go on your camping trip, mix oatmeal, raisins (to taste) brown sugar, powdered milk, salt and a touch of cinnamon if desired. Divide mix into plastic bags and seal. At breakfast time, simply add water and cook.

## **Pancakes**

- Use ready mix package.
- Just add milk and eggs and mix according to directions on the package.
- Heat frying pan until hot (check heat using water drop test).
- Pour one half cup of mix into the hot pan and flip over when the “bubbles” appear. Use cooking oil, margarine or the bacon fat to grease the pan.



## **LUNCHESES**

### **Soups**

- Follow directions on the can or package.

### **Chicken Salad Sandwiches**

- Empty can of flaked chicken into a bowl and add mayonnaise and mix well.
- Wash and slice celery in small pieces. Add this to the bowl of flaked chicken.
- Add salt and pepper to taste. Stir mixture.
- Spread mixture on slice of bread adding washed pieces of lettuce and covering with another slice of bread.

### **Cheese and Tomato Sandwiches**

- Place slices of tomatoes and cheese on a slice of bread and cover with another slice of bread.

### **Beef Weiners and Beans**

- Slice the weiners and pre-cook in frying pan.
- Add them to canned beans in a pot and cook on low heat, being careful not to burn.

### **Spaghetti With Tomato Sauce**

- Pour the can of spaghetti with tomato sauce into a pot. Cook on low heat until hot.

### **Tuna Salad Plate**

- Empty can of tuna and two or three tablespoons of mayonnaise into a bowl. Mix well.
- Wash tomatoes, celery and lettuce. Slice celery into small pieces. Add to the bowl of tuna. Mix well, adding salt and pepper.
- Wash a cucumber. Tear the lettuce into chunks, and place a portion on each plate.



- Spoon the tuna mixture on top of the lettuce.
- Slice tomatoes and cucumber and serve on a side plate with tuna mixture and lettuce.

You can make sandwiches from many things such as cheese, canned meat, salads, chicken, jelly and peanut butter. Here are two suggestions:

### **Meat Sandwich**

- Wash some lettuce and a tomato, slice tomato and tear lettuce into small pieces. Spread margarine on two slices of bread.
- On one slice of bread, place a slice of meat, piece of lettuce, and tomato slices.
- Add mustard, salt and pepper to taste. Cover with another slice of bread.

### **Salmon Sandwiches**

- Drain liquid from a can of salmon and mix in a bowl with 2 or 3 tablespoons of mayonnaise.
- Mix well, add small amount of chopped celery and onion if desired.
- Add salt and pepper to taste.
- Spread on piece of bread.
- Add a piece of lettuce if desired.
- Cover with another slice of bread.



## **DINNERS**

### **Hamburger/Cheeseburger**

- Form meat into patties, about 8-10 cm in diameter and 5-6 mm thick. If you have an egg, mix this with the meat before making the patties. An egg helps to hold the meat together while cooking.  
Place patties in the pan and cook.
- Serve in a hamburger bun with a slice of tomato and an

onion ring. Add cheese slice if desired. Add relish and mustard if you want.

- Instead of frying the patties, try barbequeing them.

### **Beef Stew**

- Pour a can of beef stew into a pot and heat until simmering gently. Take care not to burn. Make dumplings by following the directions on a package of biscuit mix.
- Drop spoonfuls of the mix on top of the gently simmering stew and cover with the lid. Allow to cook for at least 20 minutes. Be sure dumplings are cooked before serving.

### **Hot Dogs**

- Boil, fry or grill weiners and serve in buns. Add relish, mustard, ketchup to taste. When hiking, insert a stick length-wise into the hot dog and cook over hot embers. Keep turning the weiners to avoid burning them.

### **Minute Steak**

- Peel and boil potatoes.
- Prepare vegetable — peas or beans.
- Pour small amount of vegetable oil or piece of margarine into frying pan and heat. When vegetables are nearly cooked, place steaks in frying pan. Cook until golden brown, about two to four minutes on each side for medium in a hot frying pan.

### **Salads**

- Salads may be served with all meals as a side dish.

### **Chili Con Carne**

- Pour can of chili con carne into a pot and heat until hot. Stir occassionally, and serve on bread or hamburger buns.

### **Fish Sticks**

- Pour small amount of vegetable oil or piece of margarine into a frying pan.

- Cook fish until golden brown.
- Peel and cook potatoes, then serve mashed.
- Cook a vegetable such as peas or beans.
- Serve with slices of tomato.

## **FOIL COOKING**

All the following meals are cooked with the food well wrapped in heavy duty aluminum foil. The package should be placed in hot embers or on a stove grill.

### **Stew**

- Hamburger meat, carrots, onions, potatoes — wrap and cook. Use a chicken leg instead of hamburger for variety.

### **Egg In An Orange**

Cut top quarter off the orange — carefully spoon out the inside, eating as you go. Break the egg into the orange, place top back on the orange and wrap in foil. Cook. Instead of an egg, try a package of brownie mix.

### **Onion Delight**

Cut top of a large onion. Scoop out the middle carefully. Fill with seasoned hamburger meat. Sprinkle on some grated cheese and cap with onion top. Wrap in foil and cook.

### **Chocolate Dreams**

Place marshmallows and chocolate square between two graham wafers. Wrap in foil and cook.



## **SPECIAL TREATS**

### **Donut Balls**

Beat 125 ml of water into 250 ml of biscuit mix to make a stiff, sticky dough. Drop small spoonfuls into hot oil in pan. When nicely browned, remove and place in a paper bag containing three-quarters

of a cup of sugar and one-half teaspoon of cinnamon. Shake to coat. Makes about 12 donuts.

### **Mock Angel Cake**

Cut white bread into large fingers and spear on toasting fork or stick. Dip the fingers into condensed milk and then into coconut. Toast over fire.

### **Chocolate Bites**

- One can Chow Mein noodles
- 325 g chocolate chips
- 325 g butterscotch chips
- 500 g peanuts

In a saucepan melt together the two kinds of chips. Mix in the noodles and peanuts, on low heat. Drop by spoonful onto waxed paper and let set.

### **Peppermint Creams**

- One egg white
- 500 g icing sugar
- Peppermint flavouring to taste

Whip egg white fluffy, stir in a third of the icing sugar and beat well. Continue to beat while adding the rest of the sugar but don't let the mix become too dry and stiff. It should be soft and pliable when you add the peppermint flavouring. Knead well. Form into balls and roll in icing sugar and let set.

### **Peanut Butter Balls**

- 250 ml peanut butter
- 250 ml (or a little less) liquid honey
- 250 ml milk powder
- Chopped dried fruit (apples, dates, raisins, apricots) and nuts
- Toasted coconut or sesame seeds

Combine peanut butter, honey and milk powder and mix well. Stir in dried fruit and nuts. Form into balls and roll in coconut or sesame seeds. Chill.

## APPENDIX "H"

### Community Resources

Here is a list of resources and services that most communities provide. The people who are involved in the organizations and activities shown below often have interesting things to talk about. You could either invite them to give a talk to your Patrol or ask them for information on a topic you and your Patrol want to know more about.

Health	— hospitals, clinics, doctors, dieticians, ambulance attendants, water purification, sewage disposal, and garbage collection.
Protection	— police, fire, citizen groups.
Education	— schools, evening classes, radio and television stations.
Transportation	— bus, train, air.
Recreation	— school and civic programs, swimming, football, soccer, gymnastics, baseball, skating, skiing, bicycling, hiking and sailing.
Entertainment	— cinema, theatre, sports events.
Industry and Agriculture	— industrial parks, types of industry, farms, university agricultural departments, research, and development organizations, local, and provincial and federal.
Stores	— shopping malls, types of stores.
Citizen Groups	— block parents, Lions, Rotary, Optimists, Kiwanis and other service clubs, Senior Citizens Clubs, church groups.
Volunteer Organizations	— Red Cross, St. John Ambulance, Canadian Ski Patrol.
Religion	— ethnic groups, churches, synagogues, chapels.
Government Offices	— local, city, provincial and federal. Review and list departments and services offered.

## APPENDIX "T"

### Resource Books

- The Canadian Scout Handbook* — Scout Catalogue #20-555  
— The official handbook which contains all your badge requirements and more.
- Pioneering In Town and Country*, by John Sweet — Scout Catalogue #20-610  
— Interesting Projects
- Fieldbook* — Scout Catalogue #20-668
- Lightweight Camping* — Scout Catalogue #20-612  
— Four season resources
- Scout Pioneering* by John Sweet — Scout Catalogue #20-606  
— Covers all aspects of the subject
- Scouts' Book of Action Ideas* — Scout Catalogue #20-453  
— Exciting, challenging and fun-filled programs for the troop/patrol.
- Fun With Knots* — Scout Catalogue #20-603  
— All you need to know
- Emergency First Aid* — Scout Catalogue #20-804  
— Basic skills
- Preparing Troop and Patrol Programs* — Scout Catalogue #20-542  
— For the Patrol, COH and the troop
- Puzzle Quiz and Stunt Fun* — Scout Catalogue #20-507  
— Great for the Patrol
- Games Galore* — Scout Catalogue #20-503  
— Over 275 fun-tested games
- How To Select and Use Outdoor Equipment*, by Barclay Kruse and the REI staff — ISBN 0 — 89586 - 210 - 7, HP Books, P.O. Box 5367, Tucson, U.S.A., AZ 85703  
— Excellent reading, colour photos, good buy

- Campfire Song Book* — Scout Catalogue #20-602
- Wilderness Survival: A Guide for the Sportsman*  
 — Consolidated Amethyst  
 Communications Inc.  
 — How to survive when lost, good reading
- Cooking For Camp  
 and Trail* — Sierra Club Books, San Francisco,  
 U.S.A.  
 — Excellent guide for all types of cooking
- Map and Compass: The Orienteering Handbook*  
 — Charles Scribner and Sons,  
 New York, U.S.A.  
 — Excellent

