



1st Aid Course Camp

This is a reduced packing list as we will be using church dishes and we have 13-14 hrs. of classroom time.

The goal here is to be comfortable and prepared. We will be practising hygiene as well.

WHAT YOU NEED TO BRING!

- **Wear your necker**
- Ground Sheet
- Sleeping bag (& liner)
- Sleep Wear (Pajamas or Track Suit)
- Toiletries (Make sure you have these)
 - **Tooth Brush & paste**
 - **Soap & container**
 - **Wash cloth**
 - **Hand towel**
 - **Comb/brush**
- T-shirts
- Pants
- Sweater
- Socks
- Underwear
- **indoor footwear**
- **outdoor footwear**
- Coat, Mitts, Toque (we will be outside at varying times)
- Rain Wear
- Water Bottle
- Optional
 - Pillow
 - Flashlight, Batteries
- **Small Folding camp/lawn Chair**
- **pen or pencil**

Do Not Bring

- Radios, electronic games, or food

All items should be packed:

- by you the Scout.
- so YOU know where they are.
- so they are protected from rain

Itinerary

Friday

- 6:20 PM** Arrive at SJRUC and meet upstairs
- 6:30 PM** Pitch tents and prepare gear
- 7:00 PM** Campfire
- 7:50 PM** 1st Aid Session 1
- 9:20 PM** Change for Bed
- 9:30 PM** Snack & Games
- 10:20 PM** Washroom
- 10:30 PM** Lights Out/Silence

Saturday

- 7:00 AM** Rise and Shine
- 7:20 AM** Breakfast
- 8:00 AM** 1st Aid Session 2
- 9:45 AM** Activity Break
- 11:00 AM** 1st Aid Session 3
- 12:45 PM** Lunch
- 1:30 PM** 1st Aid Session 4
- 3:30 PM** Break
- 4:00 PM** 1st Aid Session 5
- 5:30 PM** Supper
- 6:15 PM** 1st Aid Session 6
- 7:45 PM** Movie
- 10:30 PM** Lights Out/Silence

Sunday

- 7:00 AM** Rise and Shine
- 7:30 AM** Breakfast
- 8:00 AM** 1st Aid Session 7
- 9:50 AM** Scouts Own
- 10:10 AM** Snack
- 10:30 AM** 1st Aid Session 8 (Review)
- 12:00 PM** Lunch
- 12:30 PM** 1st Aid Session 9 (Quiz)
- 1:30 PM** Strike Camp
- 2:00 PM** Presentations/Closing