

# **The Phoenix Files 2017**

*A resource based on the programme from the  
Phoenix Challenge 2017, Stormont Estate, Belfast*



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Dear Scouts,

The Phoenix Challenge is about patrols of scouts working together, with a little support from venture scouts and adult scouters. It is both a jamboree and a challenge, which allows scouts to take on new adventures and make new friends.

The '*Phoenix Files*' is a document with a selection of resources from the programme bases and other parts of the Phoenix Challenge. You can use it to run your scout adventures and to share your skills and knowledge with scouts in your groups and counties.

The theme for the Phoenix Challenge 2017 was EUREKA! It was about encouraging discovery, innovation and problem-solving in your patrols. We hope that the guides and resources in this book will encourage you to take on new imaginative adventures in the new scouting year.

Yours in Scouting,



Úna O'Grady  
Programme Commissioner (Scouts)

## Packable Hammock

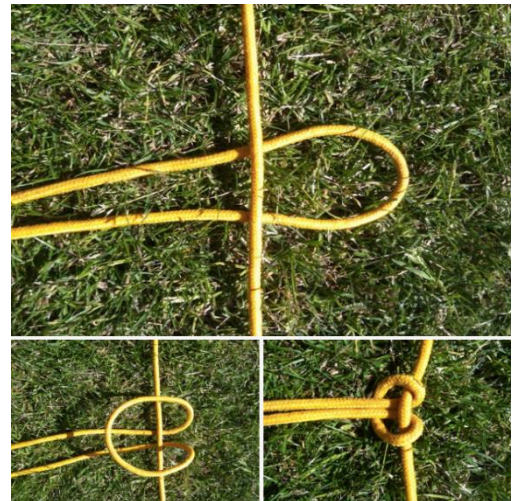
Whether it's for relaxing in the shade on a summers day or keeping you up off the wet ground on a patrol bivouac adventure, you can't beat a good hammock. Making your own hammock is much cheaper and easier than you might imagine (using only 3 different knots)!

Items required:

- 1 x 7.5m multi-purpose rope
- 19 x 3.1m paracord
- 4 x tent pegs
- 1 x measuring tape

### Step 1: The Overhand Knot

This is the most basic knot of them all. Simply place the two cords that are to be tied together, parallel to each other. Where you want the knot to be, create a loop. Pull the working end through the loop and tighten.



### Step 2: The Lark's Foot

Sometimes called a 'ring hitch'. Double the cord and lay it under the frame line. Fold the loop back over the frame line and pass the two tails through the loop and pull tight.

## Step 3: The Reef Knot

Sometimes called a 'squire knot'. Bring the two ends together and place the right over the left cord. Now twist the the right under. Pull tight, place the left cord over the right and under. The two halves should mirror each other.



## Step 4: Setting the Frame

To make the frame for your web, first measure about 90 cm from the end of the rope and make an overhand loop. This will be your first corner.

Now, make two overhand loops at 40 cm intervals from your first corner. The third loop will be your second corner, one end of your frame is made, you can use tent pegs to hold these in place.

For the side come 190 cm along the rope and make another overhand loop, third corner. Follow this with two overhand loops spaced 40 cm apart, the last loop is your fourth corner.





You should have three complete sides and one side where the two ends meet somewhere in the middle. Finish the open side using a reef knot. This is your hammock reinforcement rim.

## Step 5: Starting the Web

To start your web or netting, fold your rope lengths in half and attach them, with a lark's foot knot, to the long side of the hammock rim (not the side with the reef knot).

When you have all your cords attached to the rim, space them out equally.

Skip the first cord, and tie the second and third cords together, using an overhand knot. Repeat this with the 4th and 5th, 6th and 7th, etc. keeping the knots in as straight a line as possible.

Returning to the first cord, you will need to tie this to the end of the hammock rim with a lark's foot. As one end of the cord is attached to the rim already, we cannot tie the lark's foot it the same way. Instead you need to tie it by wrapping two loops around the rim.



### Step 6: Making the Web

For the second row of knots, skip the first two cords. Tie the 3rd and 4th cords together using an overhand knot, then repeat with 5th and 6th, 7th and 8th, etc. Go back to the first two cords and tie them together in the same way, completing your first row. Repeat steps 5 and 6.



### Step 7: Finishing the Web

When you reach the desired hammock width you need to finish off the webbing. Take the first cord and tie it to the side rim using a lark's foot, then tie the second cord to the end of the first using a reef knot. Repeat this along the line.

Your hammock is now ready for use!



## Step 8: Using your Hammock

The design of this hammock and its attachment points allow for many different uses and ways to set it up.

You could attach it to four trees or two large ones just using rope from the four corners to create a stable bed.

Or you can attach any timber (tree branch, tool handle, walking pole, etc.) for a more traditional swing hammock.

It can also be hung at an angle to make seating. Because this hammock has no permanent poles, it's a lot lighter and packs up a lot smaller than other traditional hammocks.





## Recovery Position

1. Check Scene Safety

2. Try to Rouse Casualty.

*"Hello, hello can you hear me? I'm a first aider."*

3. Check Casualty's breathing by using the Head Tilt Chin Lift method.

4. Quickly check for any other life threatening injuries. Check for keys, wallets, items in pockets at this stage. Remove glasses also and put in a safe place.

5. Place arm closest to you in waving position.

6. Place opposite leg bent with the casualty's foot under the hollow of the closer knee. Remember to hold the bent knee, otherwise it will fall.

7. Whilst holding the knee with your hand, pick up their opposite hand and hold it palm to palm.



8. Bring the palm to palm hand up to the closest cheek, with the back of their hand on their cheek and the back of your hand facing the ground.



9. Inform the casualty that you are going to roll them towards you.

*"Prepare to Roll, And, Roll."*



10. Use the knee as leverage and "pull" it towards you. Do this in one movement and smoothly, remember this is a person not a doll. Caress the head as it moves.



11. Let go of the knee first and the head last. The head is the most delicate so it's always last.

12. Re-open the airway using an altered Head Tilt Chin Lift method.



13. Move the "lever leg" up to a 90 degree angle for stability.

14. Cover casualty with blanket.

Note: If the patient is found lying face down already there is no need to turn them on their back to start this from the beginning. Alter their position so their airway is open and turned to the side and they are stable. Also, if the casualty has fallen from a height or has a suspect neck injury it is best not to move them unless their life is in immediate danger.

## Stretcher

Take two spars, and lie them down approximately shoulder-width apart.



Start with a clove-hitch at one end of one of the spars, and then construct the stretcher as per the photograph, winding the sisal around the spar at each turn. Finish the weaving with a second clove hitch.



Cover the sisal with material to make the stretcher more comfortable before attempting to move the casualty.



## Treating Bleeding

- Your aim is to stop bleeding as quickly as possible. Apply a dressing and get help if blood loss is great.
- Put on disposable gloves (protecting yourself is the most important!).
- Remove clothing as necessary to make sure that you can see the wound.
- Apply direct pressure to the wound using your palm (you can ask the casualty to do this themselves), and raise and support the injured limb above the level of the casualty's heart to reduce blood loss. If someone has an injured arm, lift it up. If the wound is on someone's leg, lie them down (on a blanket) and raise both legs (rest them on a pile of jackets, an overturned chair, etc.).
- Take a sterile dressing or non-fluffy, clean pad and press it down on the wound. Use cotton wool or a few more dressings to build up some padding.
- Secure the dressing with a bandage that is tight enough to maintain the pressure that your hand was putting on the wound. Start just a little up from the wound on the side farthest away from the heart, then wrap the bandage around, covering a little bit of wrapped bandage with the next roll around.





- Make sure that the bandage is not too tight, and always remember to check circulation on the far side of the bandage from the heart. Do this by pinching the extremity and checking that the colour returns to the skin within two seconds.
- Support the injured part in its raised position with an elevation sling and/or bandaging.



## Treating a Suspected Fracture

- Apply a cold compress to the affected area
- Lay triangular bandages to splint, support, and immobilise the limb
- Arm: Arm sling and then another bandage across chest (make sure casualty can breathe)
- Make sure to put in some padding (a jumper or spare bandages) between the limbs or the arm and body, to make sure that the casualty is as comfortable as possible



- Leg: Lay bandages at the knees and ankles, and then above and below the fracture if possible. Tie off bandages on the non-injured side - one at toes in a figure of eight, the others just tied over. (This splinting technique can be used on all leg injuries to immobilise the legs)



- Here is a second example of the splinting technique being used to immobilise an injured leg. Note the padding which is put under the bent knees to offer support





## Pioneering Crane Base

Materials available to use –

- 8 scout staves
- 4 short spars
- 1 long spar
- A pulley
- Sisal / rope
- A magnet

Objective –

Build a pioneering structure capable of picking up the metal balls and loading them into the boats.

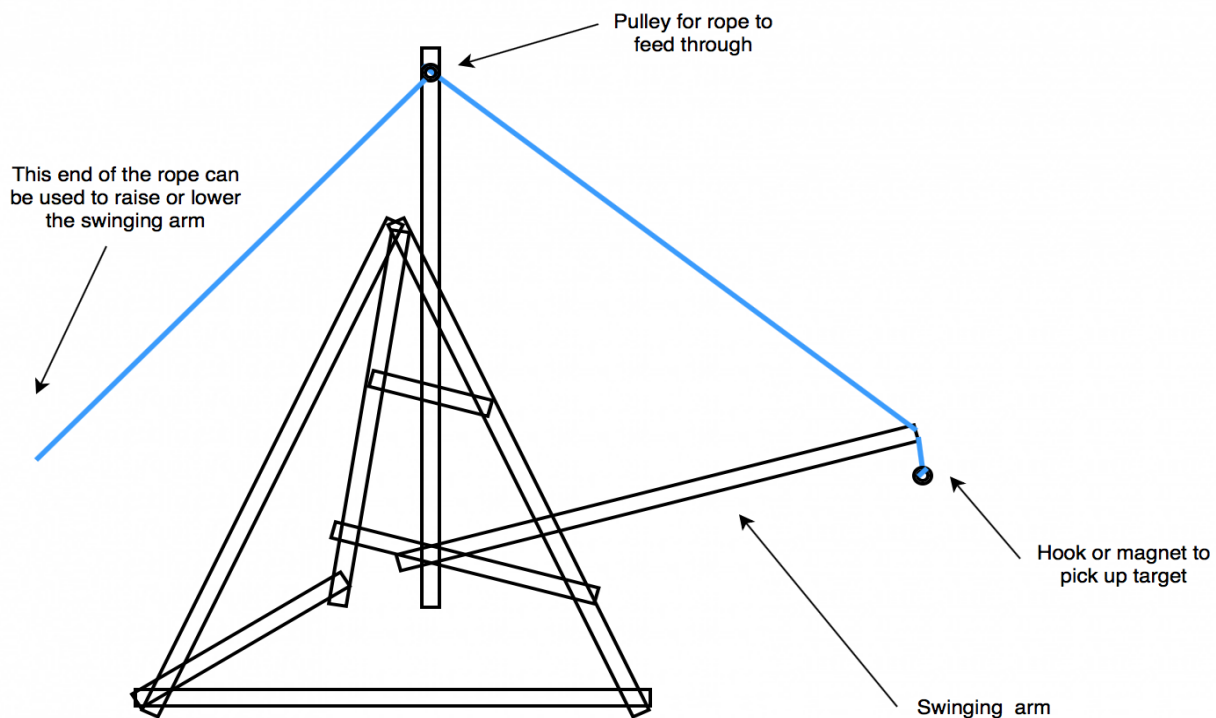
Approach to take –

It is important for patrols to calmly approach this project and not to get bogged down in trying to build a huge pioneering project. While there is a lot of gear available, this may not all be necessary and it is not important to strive to use it.

Patrols should note that it is only necessary for this crane to lift up and down (in the vertical axis) and is not necessary to move horizontally. Patrols can simply move their structure to wherever they need it. Obviously if a patrol is capable of designing a structure that can fulfill all of these movements that is excellent.

Lastly while being a relatively simple project, it has the capacity to be very interesting and complicated. It is important that prior to build, a patrol designs a realistic project that they can achieve.

Below is a simple design that can complete the objective but could also be built on to make a crane more suited to every function.



## Orienteering

Orienteering is a sport that involves navigation using a map and compass. You find the control points that are indicated on orienteering maps. You are usually timed when orienteering so part of the challenge is to complete the course in a quick a time as possible.

### Orienteering Maps

The Orienteering maps are of a much greater scale than ordinance survey maps (typically between 1:5000 and 1:15000) the symbols are more numerous and of more significance.

### Control Cards

The standard orienteering event is a point-to-point race; controls are numbered on the map and connected in the order the scout is to visit them. Upon reaching each control, the orienteer punches a pattern in the corresponding numbered box on the control card. This allows the event organisers to verify that the correct controls were visited.

### Clues Cards

The clue cards gives a clue as to what to look for when you approach the area marked on the map. Is the control kite at a boulder ?, behind a tree ? or at a track, river junction ?..

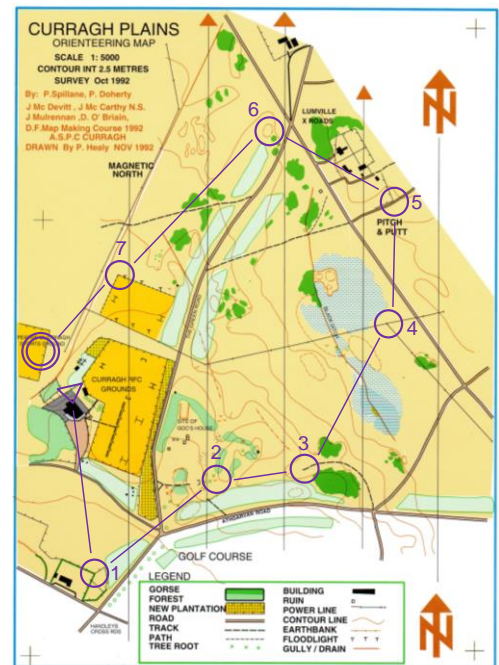


Course		Class		Group		Number			
Name									
Start	Minute	Second							
Finish	Minute	Second							
21	22	23	24	25	26	27	28	29	30
11	12	13	14	15	16	17	18	19	20
1	2	3	4	5	6	7	8	9	10

Intermediate		Length	5.2 Km	Climb	156M
1	FG	Base of cliff			
2	CD	In shallow depression			
3	GT	South East side of rootstock			
4	HY	North side of boulder			
5	MN	Track , stream junction			
6	LO	Lower part of tree			
7	GV	Inside cave entrance			

## Orienteering Courses

- For most orienteering events, starts are staggered so that no two people on the same course start at the same time.
- Run around the course in order and at the control points you will find the orienteering marker. But it is up to you to decide on your own route, use your navigation and map-reading skills to plan the most effective route.
- Pay particular attention to the type of vegetation, contours and paths/trails.
- Remember that the scale is different to standard maps.
- Check the clue card to ensure that the code written on the marker is the correct one and then stamp the appropriate box on the control card with the control punch.
- Quickly move on to the next control. Continue from control to control until you reach the finish.





## Orienteering Symbols

As orienteering maps are very detailed, they need to have a large range of symbols to accurately show what the place is like.

- Black symbols are used for rock features (eg: boulders, cliffs, stony ground) and for linear features (eg: roads, paths and fences), as well as for other human-made features.
- Brown symbols are used for landforms such as contour lines, small knolls, ditches & earth banks.
- Blue is used to mark water features: such as lakes, ponds, rivers, streams and marshes.
- Magenta shows the route, the control points and the start and finish.

### Accessibility:

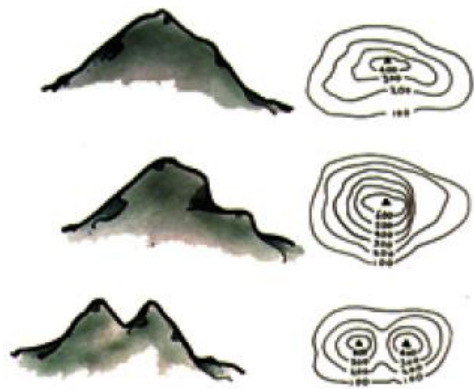
Different background colours are used to show how accessible or runnable an area should be:

- Yellow is to designate vegetation - specifically open or un-forested land.
- Green is used to show vegetation that slows down the passage of an orienteer.
- Dark green areas, called "fight", are usually impassable.
- White signifies forest with little or no undergrowth - forest that you can run through.
- Purple (or red) is used to mark the orienteering course on a map. Also, to designate map corrections and out-of-bounds areas.

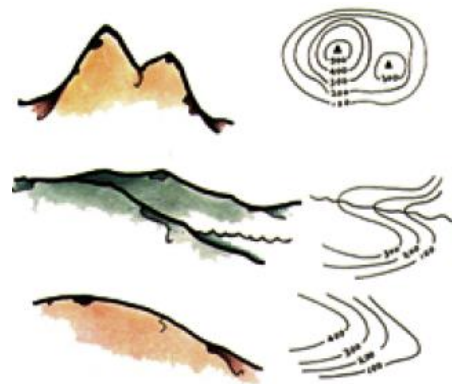
	road
	forest road
	track
	large footpath
	small footpath
	ride
	wall
	fence
	uncrossable fence
	ruined wall
	ruined fence
	building
	rocky knoll
	impassable cliff
	small cliff
	boulder: tree root
	boulder field
	lake
	pond
	stream
	ditch
	marsh
	seasonal marsh
	source
	contour
	index contour
	form line
	knoll
	depression
	pit
	steep slope
	earthbank
	gully
	felled area rough open
	open land
	semi open land
	runnable forest
	vegetation: slow run
	vegetation: walk
	vegetation: impenetrable
	brambles

## Orienteering and Countours

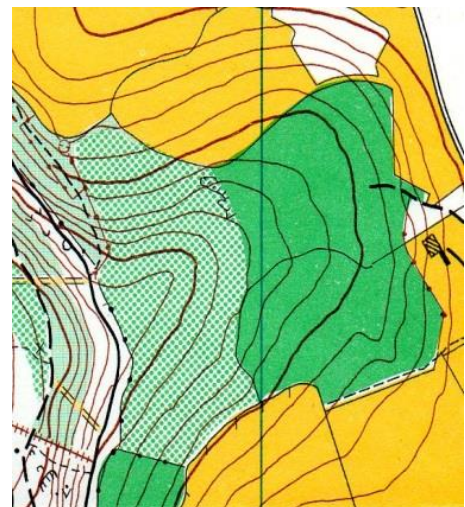
Orienteering maps make extensive use of contour lines. These typically brown lines are created by an imaginary line along which every point is the same distance above sea level. By looking at your map you can determine whether the mountain has a steep slope (contours close together) or a gentle slope (contours spread apart).



For orienteering maps the typical contour interval is 5M, this compares to a 10M interval on most ordinance survey maps. In the example to the below we can clearly see a spur with mixed vegetation flowing from left to right.



When orienteering, you can use contours to plan your route. Sometimes it is quicker to go around and other times it may be quicker to climb or descend a feature. Contours are also important in helping you located points, is the next marker higher or lower than where you are? Does the path start to rise or fall before you reach it?



## General Campcraft Guidelines

Patrols should building a site that is functional makes best use of the space available. They will still look for the knots/lashings to be neat, tidy, and tight, but it should also be possible to combine a number of the functions below into 'one section' of a gadget, as opposed to having all of the listed gadgets below as individual pieces of the campsite

### Campcraft Assessment Guidelines

The following will be assessed over the duration of The Phoenix Challenge.

- The Site. This will include assessment of the following:
- Sleeping Tent(s)
- Storage of Food and Equipment
- Dining Shelter
- Campsite Gadgets, to include:
- Table & Seating
- Food Preparation Area
- Waste Disposal
- Dresser
- Washing Area
- Entrance
- Uniform Storage Area
- Boundaries
- Fire Point
- First Aid Kit
- Layout and use of space

Note: It is of primary importance that all patrols build a site that is safe for their use over the duration of The Phoenix Challenge. With this in mind patrols should only construct safe gadgets that they can competently build. I.e. bringing a fold out table and chairs is better than a poorly constructed table & seat.

(B) Safety. Site safety is of paramount importance. During all visits by the campcraft inspection teams, site safety will be assessed. Patrol Leaders will be notified by sub-camp staff if any parts of their site are deemed to be unsafe, and consequently will be expected to make corrections. The correct storage of all equipment, but especially axes, saws and gas appliances, is of great importance.

(C) Hygiene & Cleanliness. Along with site safety, hygiene & cleanliness are probably the most important aspects of campcraft. As with safety, these will be assessed on all visits by the campcraft inspection teams.

Food should be stored correctly at all times. This especially refers to perishable foods. The scout team will be providing a sufficient number of ice blocks to each patrol over the weekend and these will be rotated in and out on a daily basis. Patrols should bring with them 1 standard Cooler box and one heavy duty freezer bag so that meat can be kept separate from other items.

Cooking and eating utensils, as well as all work surfaces and cookers, should be properly cleaned after each use.

(D) Availability of Water. There should be an ample supply of water on your site at all times.

#### Inspection Guidelines

##### Guidelines for Tents (Sleeping/Store)

- Tent poles must be straight and in line with the type of tent being used.
- Pegs for the guy lines must be at the correct angle of 45°
- Walls should be taut to prevent water getting in but not so taut that they will rip if it rains. It should not be necessary to loosen/slack these at night.
- Doors must close correctly with no stretching or gaps between the two sides of the doors.
- Guy lines must be used correctly in accordance with the type of tent being used.
- Everything should be neat and tidy with sleeping bags rolled up and everything packed into rucksacks.
- Where dome/lightweight tents are used; the inner tent does not need to be removed during the day. The inside of the tent should be clean and tidy. Where there is a ground sheet in the porch this should be rolled back if possible to allow the ground to breathe.
- Where canvas tents are used the ground sheet should be rolled back during the day to allow the ground to breathe. The side walls of the tents do not need to be rolled up.



**NOTES:**

On all gadget items, the suitability of the design, the soundness of construction and the standard of lashings are assessed at all times. Safety will be assessed during all inspections. Your Patrol's site will be marked for hygiene and cleanliness at each inspection this includes no rubbish around the site, all tools stored safely, and the bins less than  $\frac{3}{4}$  full, water barrel full, table/prep area clean and basins empty while not in use. All gadgets should be used for their purpose at all times. Gadgets built but not actually in use, for example a dresser without pots on display, etc, will not be able to gain maximum points.

Depending on design, some of the gadgets mentioned may be combined into one gadget and with the reduced site size this has never been so relevant. Alternatively, some of their functions may be separated into different gadgets. Regardless of the design used, it is important that all the functions of the items listed are catered for on the site.

**A note about Tri-pods & Quad-pods**

- Where free-standing campcraft is used, the majority of gadgets are built using Tri-pods or Quad-pods. It is important that these items are braced correctly. Failure to do so can result in a structure collapsing if knocked against. This would be especially dangerous in the case of tables and alter fires.
- In the case of Tri-pods, braces should be lashed on around the three sides of the structure, preferably with the braces low to the ground (especially on heavier gadgets). An alternative is a T-bar structure, although this can allow the back leg to swing if it is not done correctly.
- In the case of Quad-pods, diagonal braces or braces on all four sides should be used, again preferably low to the ground.

Where one of these structures is braced by other parts of the gadget, then there may not be a need to use braces as described above. The important point is that on any tri-pod or quad-pod, none of the legs should be free to move. If in doubt use one of the above systems. Bracing on all gadgets should not be a hazard to your patrol walking around the site; it should not stick out further than 6 inches to avoid this.

## Gadgets guidelines

### Guidelines for the Gas Cooker

It is not necessary for the Patrol to build a standalone gadget for the cooker but an area does need to be defined as to where the cooking is taking place. Over the years it has been noted that scouts are cooking on gas either on the ground or on a surface that is too high, neither are ideal and it is important that we keep our patrols safe.

- Secure structure
- Height of the cooker to be 45cm to 75cm

### Guidelines for the table and seating

- All Scouts should be able to fit comfortably at the table
- The table should be at the correct height and in accordance with the seating
- Table top should be a flat piece of wood and should be secured to the gadget so it doesn't move
- Structure and lashings



### Guidelines for the fire point

- This does not have to be a gadget but needs to be clearly identified
- It should be centrally located but does not need to be in the middle of the site, it should be located in an area between your fire and your tents
- The fire point should consist of a fire blanket, bucket of sand and a bucket of water

## Guidelines for the waste disposal area

- Three provisions for rubbish as follows:
  - General Waste – Food & non recyclable (Bags are provided)
  - Recyclable – Cardboard, Plastic, and Metal (Bags are provided)
  - Liquid – a method to gather the solids from a liquid
- Glass bins will be available on the subcamps
- Bins should not be over full
- Bins must be covered
- Structure and Lashings



## Guidelines for the dresser

- The gadget will be marked for design and the use of traditional scout materials in the build (plate racks made from timber etc) it must also be used for intended purpose. ie pots, utensils etc stored on the gadget
- Tight lashings
- Gadget tidy
- Items clearly off the ground





## Guidelines for the wash area

- This can be a separate gadget to the dresser for utensil washing and will be marked for its design and function
- The height of the basin
- Safe structure
- Provision should be made for the storage of water containers
- Separate basins should be provided for utensil and personal washing



## Guidelines for the entrance

- The entrance will be marked on its functionality
- Lashings
- Patrol identification (sign, flag, notice board)
- Safety (Gate must be high enough to allow ease of access)

## Guidelines for the dining shelter

- Ample shelter to cover the entire patrol
- All guy lines used
- Ease of access in and out from the shelter
- Adequate cover from the elements
- Timber pegs to be used





## Guidelines for the food preparation area

- Adequate space for the preparation of food
- Height of the work surfaces
- Is the structure safe to use
- Clean surfaces to prevent cross-contamination



## Guidelines for the Store Tent gadget and Storage

- It's very important that food and non-food are stored separately to prevent cross contamination
- Equipment stored separately (tools should be stored in a patrol box safely)
- Cleaning equipment separately
- Cool box for perishable items
- All storage boxes and cooler boxes must be raised off the ground
- Tight lashings
- Area should be protected from the elements



## **Cooking and Eating**

It is very important that all scouts eat healthily for any camp. The emphasis is on simple healthy food, cooked well and enjoyed by all. This particularly refers to patrols that have scouts with specific dietary requirements. The main points that the cooking and eating inspection team are looking for are:

### **General and Cooker (if applicable)**

- That the patrol is working to an organised plan
- That there is sufficient gas on site and the cooker is used safely

### **Hygiene, Clean-up & Waste**

- Personal hygiene (long hair tied back, clean hands)
- Raw vegetables washed (if applicable), Raw meat kept separate from everything else
- All utensils/ pots clean before starting and patrol cleaning as they go
- Everything used cleaned up and stored away within the allotted time
- Is waste and waste water disposed of correctly

### **Preparation & Organisation**

- Chef competent at chopping & cooking over fire
- Timings taken into account i.e. is everything ready at the same time?
- Little food waste left at the end of cooking

### **The Food**

- The meal prepared reflects what is stated on the menu
- That all patrol members have eaten a substantial meal
- Meat / veg properly cooked and served piping hot (if applicable)
- Lunch should be suitable for packing and packed well

Cooking on camp should be:  
**easy,**  
**notorious,**  
**enjoyable,**  
 and, with as **little washing up** as possible.



<http://www.safefood.eu/Healthy-Eating/What-is-a-balanced-diet/The-eatwell-plate.aspx>

**HIGHLAND FILLER**

9 Chicken Breasts  
2 Onions  
3 Peppers  
8-10 Mushrooms  
10-12 Potatoes  
Oil for frying

Pasta Sauce  
3 tbs tomato Puree  
500g Pasta  
1 Chicken Stock Cube  
Salt & Pepper to garnish  
1 tin of Tomatoes

1. Bring a saucepan of water to the boil and par-boil the potatoes, drain and leave to cool
2. Heat a little oil in a pot, set over a medium heat, add the chicken to the hot pot, fry for a few minutes until sealed
3. Add the onions to the pot and cook slowly until the chicken starts to brown and the onions began to soften and turn translucent. Add the peppers and mushrooms and cook until soft.
4. Add the chicken stock cube to 400ml of boiling water and stir.
5. Mix the Chicken stock with the tomato puree and pasta. Pour in the pasta sauce over the chicken and onions.
6. Add the par boiled potatoes and add them to the pot bring them to the boil and cook until everything is piping hot

**CHICKEN PAPRIKA**

9 Chicken Breasts  
750g Spaghetti  
3 Peppers  
Paprika  
1 onion

2-3 tbsp Natural Yogurt  
Chicken Stock Cube  
10-12 mushrooms  
1 clove of garlic

1. Heat the oil in a large pan, add the onion, mushroom & garlic
2. Add the chicken and cook until translucent
3. Add the chicken stock cube to 400ml of boiling water and stir.
4. Add the chicken stock, paprika, salt and pepper and bring to the boil
5. Add the pasta and peppers
6. Bring to the boil until pasta is cooked
7. Add 2-3 tbsp of natural yogurt and stir
8. Serve when hot



**CHICKEN JAMBALAYA*****Ingredients***

8 Chicken Breasts	3 Chicken Stock Cubes
2 Onions	8 cups of Long Grain rice
3 Garlic Cloves	Marrowfat Peas (1 packet)
3 Peppers	1 Packet of chopped
medallions Oil for cooking	3 tea spoons
dried Oregano	

1. In a hot pot cook the chopped chicken which is seasoned with pepper, salt and 2 tea spoons of oregano until golden brown
2. Add the onions, peppers, garlic and cook until tender
3. Add the bacon medallions and 2 chicken stock cubes which is dissolved in 600 mls water
4. Bring to the boil, reduce to simmer and season well
5. Add the rice stirring to absorb the stock add the last stock cube which is dissolved in 300 mls water
6. Cook until the rice is soften and for the last 10 mins add the peas and a tea spoon of oregano
7. Serve everything when cooked thoroughly

**TOMATO RAGU BEEF PRIME*****Ingredients***

3 pounds of mince beef	3 beef stock cubes
2 onions	1 bag of penne pasta
4 garlic cloves	1 tablespoon basil
2 tea spoons ground cinnamon	Packet of Cherry tomatoes
Oil for frying	2 Cans of chopped tomatoes

1. In a large pot fry off the chopped onions and garlic
2. Add the mince and cook until browned
3. Season the mince with cinnamon
4. Add the canned chopped tomatoes and 2 beef stock cubes dissolved in 400 mls of water
5. Stir in the penne pasta and slowly bring to the boil
6. And the last stock cube dissolved in 200 mls of water
7. Once pasta is soft add in the cherry tomatoes
8. Keep stirring the dish to ensure the pasta doesn't stick. Serve once pasta is soft.

**SPAGETTI MEATBALLS**

3 pounds mince beef  
1 Onion  
1 egg  
Cupful of breadcrumbs  
1 tbsp Mixed Herbs  
Oil for frying  
Salt & Pepper for seasoning  
750 g Spaghetti

Tomato Sauce  
500g Pasta  
1 Beef Stock Cube  
3 tbsp Tomato Puree  
1 clove of garlic  
1 tin of tomatoes  
1 tub of garlic butter  
1 baguette

1. In a bowl mix the mince, finely chopped onion, whisked egg, bread crumbs, and mixed herbs, Roll out to make little meatballs
2. Add the beef stock cube to 400ml of boiling water and stir.
3. Mix the pasta, beef stock, tomato puree and crushed clove of garlic
4. Place the sauce in a pan and gently place the meatballs in, bring to the boil ensuring the meatballs are fully cooked
5. Cook the spaghetti in a pot of boiling water
6. Slice the baguette, butter the garlic on and place in tinfoil to cook
7. Serve once all cooked

**BURGERS, MASH & VEG**

3 pounds minced beef  
2 eggs  
1 onion  
2 Cups of breadcrumbs  
1 tbsp mixed herbs

12-14 Potatoes  
9-10 Carrots  
Oil for frying  
Salt & Pepper for seasoning  
2 tbsp tomato puree

1. Mix the mince, two whisked eggs, a finely chopped onion, and the breadcrumbs in a bowl, sculpt out large burgers, fry on a hot pan with a little oil until cooked thoroughly
2. Boil the peeled potatoes in a pot of hot water, mash once cooked
3. Boil chopped carrots in a pot of hot water, serve once cooked
4. Serve once all cooked

**BEEF STIRFRY & NOODLES****Ingredients**

2 and a half pounds of diced beef	Oil for frying
10-12 Mushrooms	Noodles
3 peppers	2 tbsp honey
5 carrots	2 cloves of garlic
4 tbsp soy sauce	

1. In a hot pan fry off the beef with a chopped onion and oil until tender, season lightly
2. Add in all the chopped veg, and cook quickly until softened, Add a little water to prevent from burning
3. Add the soy sauce and honey and mix well until fully coated
4. In a boiling pot of water cook the noodles
5. Serve once piping hot

**BEEF STEW**

2 and a half pounds of diced beef finely chopped	
10-12 potatoes	2 leeks
8-10 carrots	1 Beef Stock Cube
4-5 parsnips	1 onion
1 clove of garlic	

1. Fry off the beef and onion in the bottom of the pot until browned
2. Add the beef stock cube to 500ml of boiling water and stir.
3. Add in the boiling beef stock, and veg and cook once softened
4. Gently add in the peeled and chopped potatoes
5. Serve once potatoes are soft and beef is tender

**BEEF CHILLI POT*****Ingredients***

2 and a half pounds of diced beef  
2 Onions  
3 peppers  
5 garlic cloves  
2 cans of chopped tomatoes  
Salt and pepper

Jar of jalapeno peppers  
2 cans of black eyed beans  
3 Beef Stock cubes  
8 cups of long grain rice  
Oil for frying

1. In a large pot fry off the onion and garlic
2. Add the beef and cook until browned
3. Add 2 beef stock cube dissolved in 400 mls of water with the chopped tomatoes
4. Add the chopped peppers, black eyed beans and jalapeno
5. Stir until its simmering and add the rice
6. Add the last stock cube dissolved in 300 mls stock cube
7. Season with salt and pepper



## **Environmental Impact & Leave no Trace**

As Scouts we should always be conscious of the principles of Leave No Trace and our impact on the natural environment. The Phoenix Challenge is dedicated to continually making the event more environmentally friendly. The segregation of patrol rubbish is an essential part of camp life and is monitored by event staff. Water disposal systems is available on site.

Patrols generally have 4 types of waste.

1. **Waste Liquid:** this should take the form a bucket with some form of a device on top to catch any solids that might be contained in the liquid that is being disposed of. It should be cleaned out at the sub camp liquids waste area after each meal.
2. **Recycling:** this is for all recyclable waste. All cardboard, cleaned plastic, paper etc. should be disposed of in this bin. All items placed in these bags for collection should be cleaned out. Glass is generally disposed of separately. All glass needs to be washed out before being placed in the glass bin and all liquid waste should be clear of any solids before being poured.
3. **General Waste:** this will contain food waste, sisal and any other types of waste that is not catered for elsewhere.





General advice to reduce your environmental impact:

- Practice the Leave No Trace principles
- Dispose of all waste correctly
- When planning your menu consider the environmental impact of what you buy such as the amount of packaging and possible waste.
- When still at home remove all un-necessary packaging.
- Leave your campsite as you found it, or better.
- Have the appropriate equipment for the camp and activities planned
- Take care not to damage property, especially walls, fences and crops.
- Keep your distance from wildlife and farm animals.
- Conserve the present: leave rocks, flowers, plants, animals and all natural habitats as you find them
- Preserve the past: look at, but don't interfere with archaeological structures, old walls and heritage artefacts

## Patrol First Aid Kit

This is a list of items you can include in your Patrol First Aid Kit. Remember you might need to adjust it, depending on the type of activity you are doing. Also, regularly check if all the items in your kit are in date. The patrol first aider and quartermaster should work together on this.

<b><i>Item</i></b>	<b><i>Ideal Quantity</i></b>	
Triangular Bandage	10	
Conforming Bandage	4(Various Sizes)	
Crepe Bandage	4(Various Sizes)	
Lint	10(Various Sizes)	
Cotton Wool	1 Roll	
Antiseptic / Antibacterial Wipes	10	

<b>Item</b>	<b>Ideal Quantity</b>	
Plasters	Roll so you can cut to size	
Gloves	Roughly 8 pairs	
Shears	1	
Pen Torch	1	
Paper & Pen/pencil	Little Notepad & a pen/pencil	
Plastic Bags	2	
Bottle of Water	1	
Blanket	1	

## Scouts' Own: Discovery

### ***Thought:***

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover. - Mark Twain

### ***Reading:***

A wealthy person went on a world tour. When travelling in the Pacific Ocean, he went for days by plane, car and boat to one of the furthest islands in the ocean. As he surveyed the bleak but inspiring landscape, he turned to a local villager and said: "You're very remote here, aren't you?" "Remote from what?," she responded.

### ***Exercise:***

*Tom Crean Explorer:*

Have one or two scouts tell their favourite parts of the Tom Crean story. What qualities did he have that scouts can aspire to? What did exploration mean to him?

### ***Prayers:***

*Wolf Cub Prayer, Bolivia*

Kind and good Lord, teach me to be humble and generous,  
to imitate your example, to love you with all my heart, and to follow your path.

*Isaiah 55:12*

You will go out with joy and be led forth in peace;  
the mountains and hills will burst into song before you,  
and all the trees of the field will clap their hands.



## Trek Cart

The Trek Cart this year is an important piece of equipment for all Patrols. It can be used to transport your equipment. It is therefore essential that all Patrols have sturdy carts which they are familiar with using.

### Building a trek cart

A detailed list of materials is provided, much of which may need to be bought unless you can get a local supplier to donate it. You will need to work out the costs and make a plan with your Scouters about raising the money or asking the Troop or Group for some. The PLs on the Group Council can help you with this.

### Borrowing Equipment

You will need some general woodwork equipment for this project. See if patrol members can borrow some of these items from home, with the permission of the owners! Make out a list and assign items to everyone.

### Finding suitable qualified and experienced people help

Due to nature of the work, using power tools and cutting and fixing wood, you should have an experienced and qualified person or people involved. This could be a Scouter or a parent or someone you know, discuss this with your Scouters they will know what to do if you are bringing outside help.

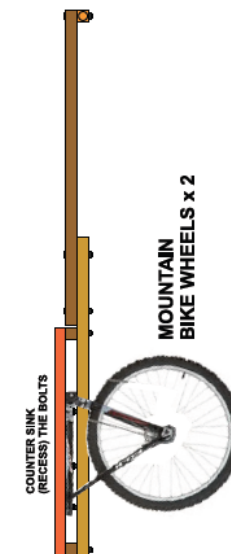
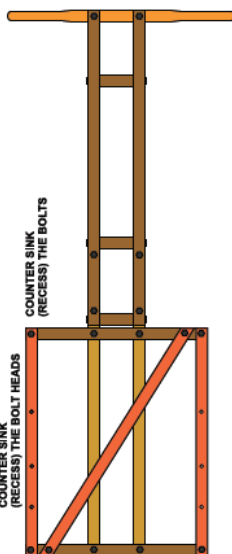
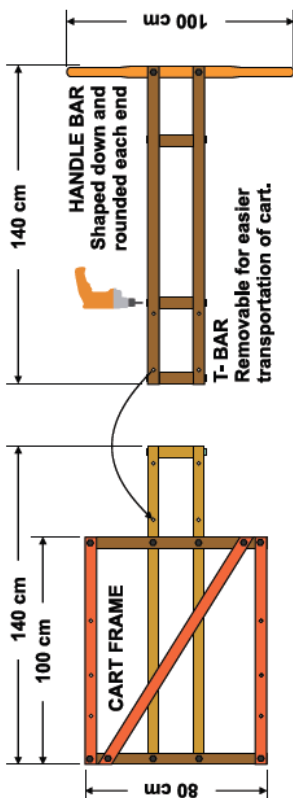
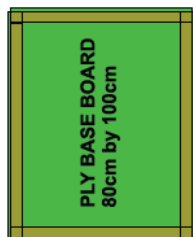
### Timelines

You will need to make out a detailed schedule for this project, from planning to purchasing and building.

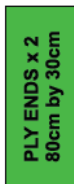
# UPCYCLE TREK CART



- UPRIGHTS 30cm x 4
- CROSS PIECES 90cm x 2
- CROSS PIECES 70cm x 2



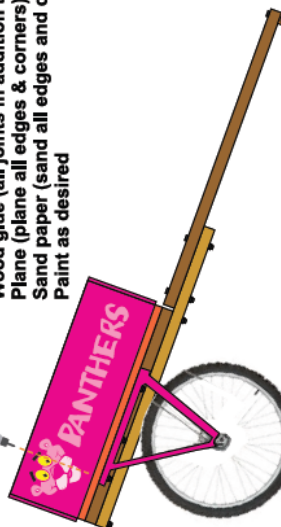
SCREW SIDES TO BOX FRAME



- 120mm by 12mm dia. Nuts & Bolts x 24
- 25mm by 5mm dia. Nuts & Bolts x 4
- 50mm by 3.5mm Screws x 50
- 75mm by 3.5mm Screws x 50
- 50mm x 50mm (2" by 2") timber

- Power Drill
- Power jig saw (cutting ply)
- Hand saw
- 12.5mm drill bit (bolt holes)
- 20mm counter sink bit (to recess bolt heads)
- 3mm drill bit (screw guide holes)
- Phillips screw driver
- Spanner
- Wood glue (all joints in addition to bolts/screws)
- Plane (plane all edges & corners)
- Sand paper (sand all edges and corners)
- Paint as desired

Screw box onto frame securely.



These drawings are based on a Trek Cart built & used by the 23rd Limerick Scouts Pink Panther Patrol in 1989. However this specific design has not been built so take it as a starting point to finalise your own design using available budget, materials, tools and skills and making your own judgements about size, stability and safety. If you can't find two bike A-frames of the same height then you'll need to add a spacer. You may also need to add a cross bar from A-frame to A-frame as low down as is possible. You may need access to a pillar drill in order to drill the A-frames accurately to bolt them to the cart frame and to secure a cross bar.



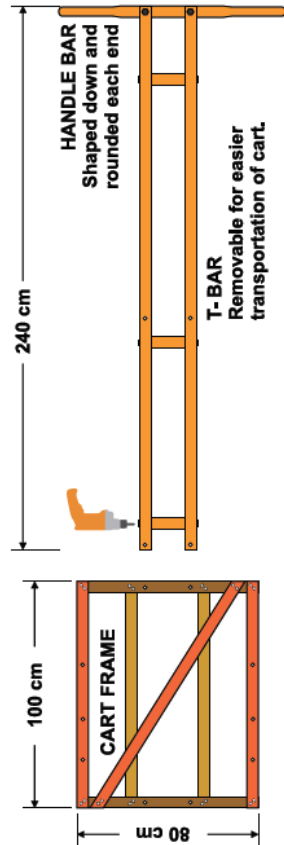
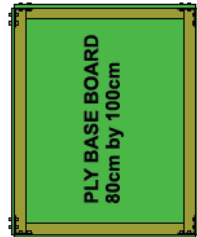
### UPCYCLE TREK CART - alternative



4\*\* CORNER BRACKETS x 4

CROSS PIECES 100cm x 2

CROSS PIECES 70cm x 2



120mm by 12mm dia. Nuts & Bolts x 12  
25mm by 5mm dia. Nuts & Bolts x 20  
50mm by 3.5mm Screws x 50  
75mm by 3.5mm Screws x 50  
4 corner brackets  
50mm x 50mm (2" by 2") timber

Power Drill

Power jig saw (cutting ply)

Hand saw

12.5mm drill bit (bolt holes)

20mm counter sink bit (recess bolt heads)

3mm drill bit (screw guide holes)

Philips screw driver

Spanner

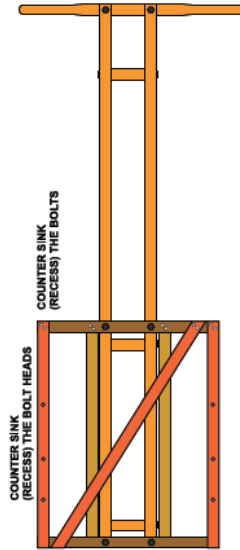
Wood glue (use in addition to bolts/screws)

Plane (plane all edges & corners)

Sand paper (sand all edges and corners)

Paint as desired

Screw box onto frame securely.



COUNTER SINK (RECESS) THE BOLT HEADS

COUNTER SINK (RECESS) THE BOLTS

SALVAGED BIKE A-FRAMES x 2



MOUNTAIN BIKE WHEELS x 2



These drawings are based on a Trek Cart built & used by the 23rd Limerick Scouts Pink Panther Patrol in 1989. However this specific design has not been built so take it as a starting point to finalise your own design using available budget, materials, tools and skills and making your own judgements about size, stability and safety. If you can't find two bike A-frames of the same height then you'll need to add a spacer. You may also need to add a cross bar from A-frame to A-frame as low down as is possible. You may need access to a pillar drill in order to drill the A-frames accurately to bolt them to the cart frame and to secure a cross bar.



## Patrol Log

A log book is a great way to record your activities. Using this record you can review not only the activity, but also how the patrol worked and how you worked towards your Crean Award. In a log, you can look at personal challenges and report on the progress and issues.

A Logbook is a simple account of activities which can be told using words, images, drawings, clippings or anything else you can think of! It should be creative and imaginative, with as few words as possible, but lots of ideas and stories told in different ways. Logs can take different forms, including: hand written logbook, photo/video logbook or an online log book (secure blog) Your patrol should keep simple regular logs, it helps keep track of things and also makes it easier.

**Remember: Logs should be fun, creative and tell the story of your patrol.**

What should be included in a logbook

- Main details: dates, location, weather
- A patrol log should list all the participating patrols
- Overview of the Programme
- Simple and illustrated accounts of the activity
- Parts of Crean Award being worked towards
- Details of Special Interest Badges and Adventure Skills being covered
- For a hike, details of route with sketch maps and route cards Details of achievements and challenges
- Daily Menu
- Daily Budget
- Gear List – personal & patrol equipment
- Other interesting facts or pieces of information

## Introducing the Patrol

In the opening page introduce the patrol and its members:

- Drawing of the Patrol Logo or Symbol
- Patrol photo
- Short profiles of each patrol member
- Areas of Crean Awards being worked towards
- Adventure Skills or Special Interest Badges that you are completing on the activity



## Crean Award

The log is a very good way of showing how your programme links back to the Crean Award. Look at the main learning objects which are worked towards during the activity.

Scout	Role	Crean Award
Laura	PL	Polar:
Mark	APL	Polar:
Andrew	Quartermaster	Polar:
Emma	Photographer / Log	Endurance:
Sarah	Chef	Endurance:
Anna	First Aider / Log	Endurance:
Ronan	Quartermaster	Terra Nova:
Shaun	Safety/ Leave No Trace	Terra Nova:

## Daily Log

Write out the programme and give a brief account of each day's activities, and remember that this account is not just about words, drawings, sketches, and photos etc are usually much better than words.

Make sure **everyone** in the patrol contributes to the log, sharing the work makes it much easier. A different person should be responsible for each day with one or two scouts acting as scribe for an activity who are responsible for the overall log

Always be careful of other people's feelings as what you find funny someone else may not.

Time	Activity	Scouts
8.00	Breakfast	Sarah & Andrew
8.30	Clean up & Wash	All
9.00	Hike Prep	Ronan & Mark
9.30	Hike	All
12.00	Backwoods Cooking	Sarah, Anna, Shaun
14.00	Hike	All
17.30	Dinner	All
19.00	Clean Up	Laura, Shaun
20.00	Rounders with Otter Patrol	All

**Budget**

Details of the Budget and how the money was spent is essential for the running of an activity. Even for short activities or those with little cost it is still a good idea.

**Gear Lists**

Both personal and patrol gear lists show how the Patrol have planned for the activity. It is also a good way of ensure you bring all the troop equipment back and check it back into to your stores.

**Doing the Log**

Items to bring to help with compiling the logbook:

- Pens & Pencils
- Colour Pencils
- Glue & Sticky tape
- Ruler
- Pencil sharpener
- Scissors
- Plastic cover
- Something to lean on
- Glitter / Stickers (stars, smileys etc)
- Newspapers / magazines.
- Camera (be careful on activities with it and makes sure to print he photos and stick them into the log)

## **Crean Awards: Assessing Progress**

The Phoenix Challenge is a fantastic scout camp. In preparing for and participating in this camp, in your patrols, you will meet many of the requirements of the Crean Awards. So afterwards, take some time to review the progress made. During the patrol review, the PL and APL can help the younger scouts assess their progress. Later, the PL/APLs should assess their progress during PLC meetings. Below are some examples of the type of things you might have done on camp that will help you with your Crean Awards.

### **Terra Nova:**

#### Section 1 – Yourself

2. Show how you apply the Scout Promise/Law in daily life

*Helping out, being active in your patrol, helping others*

#### Section 2 – Patrol & Troop

1. Take on a task/role in the Patrol given to you by the PL

*On the Phoenix, your PL will regularly give you responsibilities*

2. Learn a new skill from a member of your Patrol

*In preparing for the Phoenix you probably learnt new outdoor skills*

4. Help Prepare for and participate a minimum of 4 activities

*Be active in the patrol*

#### Section 3 – Citizenship

1. Show how you implement Leave no Trace in your Patrol Activities

*Take on responsibility for leave no trace in your patrol*

#### Section 4 – Skills

1. Attempt 4 new skills stages from different Adventure Skills

2. Go up a stage in at least 3 different Adventure Skills

*Keep record of all the activities you do, and how they help you with your Adventure Skills*

### **Endurance:**

#### Section 1 – Yourself

2. Implement the Scout Promise and Law and lead by example to others

*In role in the patrol, be fair to others and do your part, help where you can*

5. Take an active role in your troop

*Be involved in making the camp a success*

## Section 2 – Patrol & Troop

1. Help develop Patrol spirit in a practical way

*Work together as a patrol, have a patrols sign*

2. Know the various talents of your patrol members

*Get to know everyone in your patrol*

3. Develop teamwork in your patrol in a practical way

*The Phoenix Challenge is about patrols working together, from building your site, to cooking and cleaning, to going on activities*

5. Help organise run and review at least three activities

*Take a leadership role in organising the patrol's Phoenix preparations*

## Section 4 – Skills

1. Attempt 5 new skills stages from different Adventure Skills

2. Go up a stage in at least 4 different Adventure Skills

*Plan your activities to help you and your patrol to make progress in your Adventure Skills*

### **Polar:**

## Section 1 – Yourself

4. Have a Scout Law & Promise discussion with your Patrol Sit around the campfire and explore the promise and law, and what it means to you as scouts

## Section 2 – Patrol & Troop

1. Share one of your skills with another Scout Camp has lots of opportunities to pass on scouting skills in practice

2. Take an active role in the planning and running of your troop through the PLs council As a member of the PLC, help plan and run camp; take responsibility for specific activities

4. Plan, run and review an activity for your Patrol or Troop Help organise camp

## Section 4 – Skills

1. Have gained experience in al 9 Adventure Skills

2. Go up a stage in at least 5 Adventure Skills Plan your activities to help you and your patrol to make progress in your Adventure Skills Keep a record of what you and your patrol do



## Scout Team Resources

Resources are launched regularly on [scouts.ie](http://scouts.ie), the Scouts Facebook Page, and the Scout Team Twitter.

### Patrol Activities

Bivvying  
Mountain Biking  
Geocaching  
Rafting  
Night Hike

### Adventure Skills Cards

Fire Lighting  
Using a Hand Axe  
Emergencies  
Assessing Wind Speed  
Gadget Designs

### Service

One World Week  
Community Projects  
Environmental Projects

### Camp Preparation

Planning  
Budgeting  
Skills

[goo.gl/x7HBnN](http://goo.gl/x7HBnN)



**Preparing for Patrol Camp**

A patrol camp looks something like:

- A patrol camping independently
- A PL and APL leading the Patrol
- Scouts camping and cooking for themselves
- Scouts running their own programme
- Scouts progressing in the Crean Awards and Adventure Skills
- Scouts practising Leave No Trace
- Scouters and Families encouraging the c
- SI campsites and activity centres support camp

**Ballista**

The Activity: The patrol will construct a functioning ballista.

Activity Type: Patrol Activity  
Troop Activity

Roles: Activity Leaders  
Fire person  
Song leaders

**The Crean Award:**

Discovery: Patrol Activity  
Skills

Endurance: Planning  
Develop Teamwork

SPICES: Intellectual  
Social

**Terra Nova:**

Task/Achieve in Patrol  
Skills

**Polar:**

Patrol Activity

**Scout Chief Scout Award**

The Activity: To introduce and explain what is involved in the Chief Scout Award for the Scout Section

Activity Type: Individual Activity  
Troop Activity

Roles: Scout  
Programme Scouter  
Chief Scout Award Mentor  
Advisors, Instructors, Coaches

**Polar:**

Self Awareness  
Wise & Law  
Troop Act

**Main parts of an Aeroplane**

This resource will help you with the following stages:  
Stage 2 - I can show my Scouter five main parts of an aeroplane.  
Stage 4 - I know the control surfaces of an aircraft.

This can be explained in the Scout den using a model aeroplane. Understanding the main parts of an aeroplane and how the control surfaces work gives us a basic understanding of what makes up an aeroplane and starts them thinking about how it might actually work.

An aeroplane is a powered, fixed wing aircraft that is propelled forward by thrust from a jet engine or propeller. An aeroplane comes in a variety of sizes, shapes and wing configurations.

An aeroplane is made up of many parts, each part as important as the next. The following are 5 of the main parts:

- **Fuselage** - The long thin body of an aeroplane is called the fuselage, this holds all parts of the aeroplane together.
- **Wing** - Aeroplane wings feature a shape called an airfoil which is designed to create lift as the plane moves through the air.
- **Tailplane** - Also known as the horizontal stabiliser, its purpose is to maintain equilibrium during flight.
- **Powerplant (Engines)** - The engines generate thrust.

**Terra Nova Award**

Section	Sub-Section	Requirement no.							
Section 1 Yourself	Your Interests Promise and Law Scouting Knowledge	1							
		2							
		3							
		4							
Section 2 Patrol and Troop	Patrol Involvement	5							
		1							
		2							
Section 3 Citizenship	Patrol and Troop Activities Environment	3							
		4							
Section 4 Skills	Community Adventure Skills	1							
		2							
		3							
		1							

