

List of items to bring to Camp

- Students should bring only the items specified. Any other material will be confiscated.
- Mobile phones, Cameras, Radios, CD's or any other electronic items and any ornaments like rings, chains, etc or cosmetics **are prohibited**
- Pocket money brought should not exceed Rs. 200/-.
- Only 1 rucksack (approx. 40-60 liters) should be brought. Excess luggage will not be allowed

Clothing & Accessories

- 1 set of complete Uniform - VIII, IX (Scout/Guide), XI (College)
- Daily wear - 1 set for each day + 1 to swim in (same dress can be reused for swim each day after a light wash)
- **At all times:**
Boys wear full trousers/slacks and half-shirts/T-shirts (No shorts / 3/4ths / sleeveless shirts)
Girls wear Salwar-kurta or trousers/jeans with long tops / loose and thick T-Shirts (short kurti's sleeveless tops and leggings are not allowed)
- A Sweater / Jacket (full sleeves) with a Scarf / Muffler and a monkey cap
- A Hat or Cap for the sun
- School shoes with two pairs of white socks
- Extra pair of sports shoes for night use
- No slippers / sandals allowed

Personal Accessories

- Learning - Notebook, Pen, Pencil, Geometry box, 3 meter scout rope, 1 bamboo stick about 6 ft tall and 1.5 inch thick
- Utensils - Plate, Bowl, Mug / Cup, 1 liter Water bottle, spoon
- Bedding – 1 Thick Bed-sheet, which can also be used as a mattress
- Toiletries - Soap, Towel and Napkin, Tooth brush & Paste
- Safety – Torch, Personal medicine **(If you are on medication, carry them. Especially for cough, fever, body/head aches, asthma, blood pressure, diabetes, migraines, fits)**
- Food – Dry snacks adequate for 1 person only for three days; **1 lunch and breakfast for the first day;** Glucose or Citrus mixes like Glucon-C or Electrol; Fruits

Materials shared in Patrol/Group

- 20 meters of coir rope (~ 60 ft)
- 1 spool twine cord (about 10 meter)
- Craft paper (two different colors), glue, cello-tape
- At least one Lensatic Compasses
- 1 big pot/*kadai* to cook for the whole patrol
- 1 vessel with lid for boiling/washing vegetables
- Knife, chopping board, match box, spatula
- First Aid kit

- 1 pair of scissors
- 6 pieces of roller bandage
- 200gm cotton for bandages
- 1 roll of sticking plaster (1inch)
- 1 pack of assorted bandages (like band-aid)
- 1 tube - Burnol, Soframycin, Moov
- 1 bottle of Iodex, Vicks
- 1 small bottle of Dettol / Savlon

Cooking at Camp

During the camp you will have to prepare one snack in the evening. Some of the easy-to-make dishes and their ingredients are listed below. The quantity given is for 1 serving for about 8-10 people at a time.

Kanda Poha (puffed rice)

1.5 kg *Jaada Poha*, 2-3 large Onions, 2-3 Potatoes, 4-5 Green chillies, 100 gm *Kadipatta*, 50gm Mustard seeds (*Raai*), 50 gm Turmeric (*Haldi*), 5-6 Lemons, Sugar & salt to taste, Minced Coconut & Coriander for garnishing, ¼ liter Cooking oil

Upma

1 kg Medium *Rawa*, Green peas, 1 large Carrot, 2 Onions, 2-3 Tomatoes, 50 gm Mustard Sees (*Raai*), 100 gm *Kadipatta*, 4-5 Green chillies, 100 gm Ginger, Sugar & Salt to taste, Minced Coconut & Coriander for garnishing, ¼ liter Cooking oil

Rice Khichdi

1 kg Rice, ½ kg, *Moong daal*, ½ kg *Toor daal*, 25 gm black pepper (*Kali Miri*), 100 gm *Kadipatta*, 50 gm Turmeric (*Haldi*), 100 gm Ginger, Salt to taste, Minced Coconut for garnishing

Noodles

7-8 packets of Maggi, 3 large tomatoes, 1 large onions, 1 large carrot, 250 gm green peas, 2 large capsicums, 2 teaspoons chili powder, 2 lemons for garnishing

Aloo-mutter Sabji with Bread

8-10 Potatoes, 1 kg Green Peas, 3-4 tomatoes, 2-3 Onions, 200 gm *Kadipatta*, 5-6 Green chillies, 50 gm Mustard Seeds (*Raai*), Minced Coconut & Coriander for garnishing, ¼ liter Cooking oil, 4 slices of Bread or 2 *paav* for each person