



A Troop 512 How-to Guide

# HOW TO CAMP AS A PATROL IN 10 EASY STEPS

VERSION 1.0

## Understanding the Patrol Method

This how-to guide is intended to help new patrol members and especially new patrol leaders, understand how to work as a team to have a fun camp experience.

The methods of Scouting are aimed at developing character, citizenship, leadership and fitness in youth. One of the methods is 'the patrol method'. Working together as a team, patrol members share the responsibility for the patrol's success. They gain confidence by serving in positions of patrol leadership. Patrol members enjoy the friendship, sense of belonging and achievements of the patrol and its members.

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### Overview

You are the member of a patrol, a small group of Scouts within the troop. You'll elect a patrol leader and function almost like a family within the troop. You'll divide up the chores to be done and work together as a group to get them done. Together, you'll develop patrol spirit and take pride in your team's accomplishments.

Sounds easy right? Well, this not always going to work smoothly. It is a learning process. Luckily, there is always adult guidance around when you need it. But if you can make the patrol method work by yourselves, then you are demonstrating youth leadership in action.

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### 1. Organize for the trip

Get organized during the trip preparation meeting – usually the troop meeting that's held the Monday before the camping trip. Turn in permission slips and food money. Choose tent partners and decide who will bring the tents.

Some camping trips involve other fees for the programmed activity, like canoeing or guided tours. Other camping trips may require a surcharge for transportation because of distance. This money will also have to be collected.

The work will all go more smoothly if everyone has a job. One or more Scouts can be treasurers and collect the money. Count it up and tally the results. The patrol scribe will record this information on the *Camping Trip Tracker* form, a copy of which is included at the back of this document. When the *Tracker* form is completed turn it in to the Troop's Camping Coordinator.

At the same time, the patrol's quartermaster and helper will check the patrol or 'monster' box to make sure that all the equipment is there. Additional patrol members will need to get involved to clean anything that looks – or smells – dirty.

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## 2. Develop a menu

Work together to develop a menu. Or the Patrol Leader can assign two or three Scouts to develop the menu and hopefully the other members will agree to it once it's presented to them.

When a patrol has been doing this for a while, it will be more efficient at it. Everyone will know the likes and dislikes of the patrol members and how to accommodate the dietary needs of members and plan around food allergies. An Assistant Scoutmaster must approve the patrol's menu.

Make sure the meals are nutritionally balanced. There's a helpful list of [menu ideas](#) at the back of this document for inspiration. Try new dishes, don't always have the same meals. Keep the menu idea list in the patrol notebook.

Write the menu down on the [Weekend Camping Trip Menu](#) form, a copy of which is included at the back of this document. When complete, put it in the patrol box so you have it with you on the trip.

If the Scoutmaster requires that Scouts need to take a packed lunch on the trip make sure everyone in your patrol knows this.

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## 3. Fill out a Duty Roster

To be organized while at camp, determine the responsibilities of each patrol member beforehand. Check to see who needs to earn Second or First Class cooking requirements. Assign the cooking responsibilities to them so that they can work on their advancement. Those not cooking will need to fetch water for cooking and dishwashing, collect firewood, or wash dishes and clean up when the meal is over. Everyone should have a job and these responsibilities should rotate so that everyone does each job on the trip if possible.

**It is very important that everyone stick to their assigned responsibilities while on the trip.**

This is not the time for anyone to say that they don't want to do the job or complain that they're always the one that has to do it. Failure of one member to carry out his duties affects the success of the entire patrol.

Job assignments need to be written in the [Duty Roster](#) form, a copy of which is included at the back of this document. When complete, put it in the patrol box so you have it with you on the trip.

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#### 4. Buy groceries

Once the menu is has been developed, put together a grocery shopping list. The list must be detailed so that the shoppers have no doubt about what to buy. Write all the ingredients down in the *Grubmaster's Shopping List* form, a copy of which is included at the back of this document.

At least two patrol members should go grocery shopping during the week. Give them the food money. They'll need to make smart choices at the grocery store to stay within budget. All food purchased must be properly stored to keep it fresh. This may mean putting perishables in a cooler with ice. Shoppers will turn in any money left over at the next Troop meeting so it can be used for patrol expenses at another time.

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#### 5. Set up camp

Finally it's time to camp. Once at the camp site, all of the patrol leaders will review the area to establish locations for each patrol's camp. Set up your patrol some distance from the other patrols. Look for a dry, level area with plenty of room for the number of tents the patrol will set up. Consider drainage, exposure to wind and sun, and look for any 'widow-makers', dead overhead branches that may fall in a wind and cause harm.

Before setting up tents, first consider where you will want to establish your cook station – stove, lantern, propane and canopy if needed. Once that's set up, pitch the tents a safe distance nearby. Pick up sticks to clear the area and avoid pitching tents on roots and rocks that will make for uncomfortable sleeping.

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#### 6. Work together

A patrol is a working unit of the troop. A successful patrol demonstrates good teamwork. Helping each other out will make quick work of a big job. After working together to set up the cooking station, pitch your tent and then see what you can do to help others in your patrol. If their tents are already up then put your gear inside your tent and get your sleeping bag ready. Once it's time to turn in you'll want to climb right inside without delay.

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#### 7. Cook delicious meals

Depending on the meal, the patrol cooks may need to start 30- or even 60-minutes before meal time. Cooks should know the menu and the ingredients to be used in the meal. To begin, create a clean food preparation area.

To keep everyone safe, cooks must strictly adhere to sanitary practices. Wash hands with soap and water before handling food. Check to make sure that cooking utensils, pots and the cutting board are clean. Disposable plastic gloves can be very useful, especially when

handling raw meats, or even onion or hot peppers. If not using gloves, wash your hands before *and after* handling raw meat.

When cooking take your time. Lower the flame – most inexperienced cooks rush and turn the heat up too high. If preparing food with different cook times, start with the food that takes the longest. Keep this food warm while other food is being cooked.

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## 8. Clean up

Gather dishes and cookware. Scrape any food scraps into the garbage. Wash dishes properly using the three tub method. The first tub is for soapy water, the second is rinse water and the third is for sterilization. Use very hot water and a sanitizing tablet in this last tub. Let dishes dry on a drying mat or on paper towels spread across the table. Dispose of the wastewater in the designated location. Remove any food scraps in your camp so as not to attract animals. Put your garbage bag into the trailer overnight for the same reason.

On the last day of camp, work together to clean your gear as well as you can. Of course that's an easier job if you've been doing it all along. Putting away gear that's not clean will give everyone a real headache to deal with when the patrol is getting ready for the next trip, so do it right the first time.

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## 9. Have fun

The whole reason for being on a camping trip is to have fun. Even the work can be fun if you make it so. Be cheerful and do the work without delay since wasting time just means you have less time to do the fun things you would prefer to be doing.

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## 10. Pack up

On the last morning of the trip, get a head start on packing up gear. Stuff your sleeping bag into its sack even before getting out of the tent. While others are cooking breakfast (and if you're not on the Duty Roster) get the rest of your gear packed.

After breakfast is over, pitch in and work together to clean and pack up patrol gear. Be organized and neat about it. After all, this is your patrol's equipment and you'll want it to work well for as long as you have it. Once patrol gear is put away, you can finish packing up your personal gear.

Troop and patrol gear is loaded into the trailer first, then personal equipment. Clean and dry your gear at home. It is usually necessary.

## Troop 512 Camping Trip Tracker

Patrol: \_\_\_\_\_ Camping Trip: \_\_\_\_\_

Scout's Name (only if attending)	Bring Tent/ Partner	Permission Slip	Transport Fees	Program Fees	Food Money
1.			\$	\$	\$
2.			\$	\$	\$
3.			\$	\$	\$
4.			\$	\$	\$
5.			\$	\$	\$
6.			\$	\$	\$
7.			\$	\$	\$
8.			\$	\$	\$
9.			\$	\$	\$
10.			\$	\$	\$
11.			\$	\$	\$
12.			\$	\$	\$
<b>Number going on trip</b>	<b>#</b>				
<b>Number permission slips collected</b>		<b>#</b>			
<b>Amount Collected</b>			<b>\$</b>	<b>\$</b>	<b>\$</b>
<b>Notes:</b>					

## Troop 512 **Weekend Camping Trip Menu**

Patrol: \_\_\_\_\_

Camping Trip: \_\_\_\_\_

Friday Night Snack	Preparation Instructions
food _____ food _____ drink _____	
Saturday Breakfast	Preparation Instructions
main: _____ side: _____ drink: _____ fruit: _____ extra: _____ extra: _____	
Saturday Lunch	Preparation Instructions
main: _____ side: _____ bread: _____ drink: _____ fruit: _____ extra: _____ extra: _____	

Saturday Dinner	Preparation Instructions
main: _____ side: _____ side: _____ bread: _____ drink: _____ fruit: _____ extra: _____ extra: _____	
Saturday Night Snack	Preparation Instructions
food _____ food _____ drink _____	
Sunday Breakfast	Preparation Instructions
main: _____ side: _____ drink: _____ fruit: _____ extra: _____ extra: _____	



## Menu Ideas

**Breakfast** (need carbs *and* protein, add fruit or fruit juice and milk or yogurt)

1. Bagel and cream cheese or peanut butter and jelly (when a non-cook breakfast is needed)
2. Breakfast burritos (eggs, cheese, meat, salsa in a tortilla)
3. Breakfast sandwiches (eggs, cheese, meat on roll or bagel)
4. Breakfast scramble (eggs, potato, meat and cheese)
5. Cinnamon rolls and breakfast meat (ham, Lebanon bologna, pork roll, sausage, scrapple)
6. French toast and bacon (pre-cooked bacon means less cleanup)
7. Oatmeal (or other hot cereal, add mixins) and breakfast meat
8. Pancakes and breakfast meat
9. Scrambled Eggs and breakfast meat, toast or rolls
10. Toad-in-a-hole
11. Vegetable frittata

**Lunch** (round the meal out with chips, cookies and fruit)

1. Cold meat and cheese sandwich
2. Grilled cheese sandwich (for a variation add ham and/or tomato)
3. Hot dogs or brats
4. Meatball hoagie
5. Soup or Stew and rolls

**Dinner** (make sure to include all food groups)

1. Baked beans and smoked sausage
2. Chicken and broccoli (or mushroom) Alfredo
3. Chili and cornbread
4. Chili cheese fries (can be done in tin foil over coals)
5. Coca Cola chicken
6. Cowboy Stew
7. Doritos chicken and cheesy potatoes
8. Fajitas and tortillas
9. Kababs or satays (chicken or beef with vegetables) and pita
10. Kielbasa skillet dinner (with sliced or cubed potatoes, peppers and onions)
11. Loaded baked potatoes (load with chili, broccoli and cheese, bacon and sour cream, etc.)

12. Mac-and-cheese (add tuna, pepperoni, grilled chicken or veggies, top with chili or pizza sauce)
13. Pasta with meat sauce (add salad)
14. Quesadillas
15. Silver turtles (foil wrapped meat, potatoes and vegetables cooked on coals)
16. Stir fry with rice
17. Tacos and corn-on-the-cob

### **Dessert**

1. Baked cinnamon apples
2. Banana boats
3. Cannoli dip
4. Dessert cones
5. Dump cake (made in Dutch oven)
6. Easy donuts
7. Fruit cobbler or crisp
8. Instant cheesecake
9. No-bake cookies
10. Pie iron deserts (need a pie iron)
11. Pudding (add mixins)
12. S'mores

### **Snacks**

1. Chocolate milk (or hot chocolate) and cookies
2. Cracker barrel (cheese, crackers and pepperoni or salami)
3. Dried fruit
4. Fresh fruit
5. Granola bars
6. Jerky
7. Hobo popcorn
8. Nuts
9. Protein bars
10. Trail mix (great for on the go)

## Troop 512 Duty Roster

Patrol: \_\_\_\_\_ Camping Trip: \_\_\_\_\_

	SATURDAY BREAKFAST	SATURDAY LUNCH	SATURDAY DINNER	SUNDAY BREAKFAST
<b>COOK</b>				
Assistant Cook				
<b>WATER</b>				
Assistant Water				
<b>DISH WASHER</b>				
Assistant Dish Washer				
<b>FIREWOOD</b>				
Assistant Firewood				

**COOK – (Assistant helps as requested)**

First scouts up and out in morning. Prepares the meal per the menu and preparation notes.  
 In charge of food preparation, safety and sanitation. Safely stores leftover uncooked food.  
Leaves cooking area clean for next meal.

**WATER – (Assistant helps as requested, use buddy system to get water)**

In charge of Fire Safety. Responsible for cooking fire or cooking stove, and propane supply.  
 Get drinking water and all water needed for food preparation and dish washing.  
 Works with assistant to safely get hot water from troop "Water Buffalo". Or fills and heats pot of water for dishwashing so it will be hot by the end of the meal. Sets up wash line of basins with hot water and soap per Scout Handbook. Leaves water containers full for next meal.

**DISHWASHER – (Assistant helps as requested)**

Washes all dishes and utensils. Sanitizes all dishes per Scout Handbook.  
 Safely stores or discards any leftover cooked food. Final clean-up of kitchen and eating tables.

If patrol numbers permit, *the Patrol Leader is not assigned jobs on duty Roster* as he actively gives leadership and assistance to all patrol members throughout every meal. The **Patrol Leader is responsible for overall safety and leads patrol in grace before meals.** The Patrol leader releases the dishwashing team when he decides their job is done.

## Troop 512 Grubmaster's Shopping List

Patrol: \_\_\_\_\_ Camping Trip: \_\_\_\_\_

Purchase food for # \_\_\_\_ people

✓	Item	No. of Meals	Amount	Cost
<input type="checkbox"/>				\$
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<input type="checkbox"/>				\$
<input type="checkbox"/>	No-stick cooking spray			\$
<input type="checkbox"/>	Paper towels	All		\$
<input type="checkbox"/>	Vegetable oil			\$
<input type="checkbox"/>	Butter			\$
<input type="checkbox"/>	Scrub pads	All		\$
<input type="checkbox"/>	Aluminum foil	All		\$
	<b>Total Cost</b>			<b>\$</b>