



The Good Camping Guide

Table of Contents

1	Welcome.....	3
2	Camping Safety.....	4
3	Tents & Space.....	4
4	Fencing & Gateway.....	6
5	Love Your Neighbour.....	6
6	Health and Hygiene.....	6
7	Cooking on Gas.....	12
8	Fire Safety.....	13
9	Food Safety.....	14
10	First aid.....	17
11	Important reminders.....	18

1 Welcome

Camping at the Essex International Jamboree is different to many other national camps, because we simply take over a farmer's field for a week, unlike others that take place at County showgrounds and purpose-built campsites.

This means there's a little bit more for you to consider when camping at our Jamboree. Put simply, it's closer to camping at one of the more basic Scout or Guide local campsites (but with a mega stage, cinema, shops and much, much more).

We've put together a few hints and tips, and some safety advice, to help with your planning. We have also included some links to Scout and Girlguiding documents which you will find useful.

1.1 Purpose of this document

This is provided to help you prepare for the Essex International Jamboree 2024. It should be read in conjunction with the EIJ2024 Handbook (due to be released in May 2024) as well as our Jamboree Policies.

2 Camping Safety

As with any camp it is important that the camp is set up, run and taken down in a safe way. That said, there is more emphasis on safety due to the increased risk with the large amount of people camping in one place.

The Scouts and Girlguiding produce a range of factsheets which focus on camping safely and where possible we provide links; however please do follow and check their websites too.

 [Girlguiding: Large scale events](#)

3 Tents & Space

The space you will be allocated based on your group size, but please be prepared for it to be a tighter squeeze than you would normally want or expect.

Our three top tips are:

1. Do not bring enormous tents
2. Only bring essential tents
3. Ensure that you use all your tents wisely: maximise the number of Scouts or Guides in each tent and use porches for storage

If you are camping as a district (multiple groups) with a combined kitchen, please register as one Group. If you would like to camp near another group but have your own kitchen/tents, please register as separate units adding this as an additional request to your booking. If this is not added before the 31st March 2024 we cannot guarantee that we will be able to accommodate these special requests.

Party tents are permitted provided they fit into your allocated space and are erected to manufacturer's instructions and are secured appropriately for the expected weather conditions (eg ratchets & straps).

3.1 Key Safety Points: your layout

Each camping group must ensure a clean easy route out of their site onto the main traffic routes. This should not be obstructed by guy lines or equipment.

The cooking burner table must be separated from the young people ideally by placing a serving table in front so there is clear separation from the flammable elements and hot surfaces, and the campers. Cooking tents must be five metres away from any sleeping tents to prevent fire spreading if it occurs.

Your cooking tent area will be allocated on your site to provide the best use of space across the subcamp site.

4 Fencing & Gateway

We encourage you to fence off your group area with bunting or such like, not only does it look nice it will also deter others from walking through your camp area.

We will also have a small subcamp competition for the best group gateway.

5 Love Your Neighbour

Remember a Jamboree is unlike your average camp at your local site and you will have to live very close to other people. Camping in close proximity to others means that you will quite possibly be in “each-others’ pockets” so it’s imperative that you are respectful at all times.

Our top tips:

- Keep your noise levels down
- Be aware and respectful of any cultural or behavioural differences
- Become friends and support each other
- Remember **all** the staff and leaders on the site are volunteers, just like you.

6 Health and Hygiene

This is one of our biggest priorities. At a Jamboree, it’s very easy for infections to spread so we ask you kindly to adhere to some simple guidelines.

6.1 Washing Facilities

We strongly recommend that you provide basic washing facilities at your site – this could be as simple as a bowl with hot water available, or a dedicated ‘wash cubicle’. Your Scouts and Guides will not be able to use the toilet facilities for full body washing or brushing their teeth. It’s important that you abide by the guidelines. We do not want infections spreading throughout the site, and this is a critical element of that.

No teeth brushing at the water taps

6.2 Toilets

The Jamboree toilets have been chosen specifically for our purposes and will work well all week provided only the toilet paper provided by the Jamboree is used. If you notice that paper stocks are running low, please inform a member of your Subcamp Team at the earliest opportunity and encourage your Scouts and Guides to do the same.

Absolutely no sanitary items other than the toilet paper provided to be put in toilets.

Bins will be provided and if you notice the bins becoming full, please advise a member of the Subcamp Team.

6.3 Showers

Please note that there are minimal showers, and you should encourage your Scouts and Guides to only take showers when necessary. When they do use the showers, they should be reminded to minimize the length of shower and to be respectful of others by leaving them as they would wish to find them.

6.4 Hand washing is so important

It's imperative that you and your Scouts and Guides maintain excellent hand hygiene:

- Ensure everyone washes their hands with soap and water after using the toilets
- Always wash hands before and after preparing food
- Always wash hands before and after eating
- Wash daily (this does not mean a shower, a bowl of hot water is a good alternative)

Our top tips are simple:

- Be prepared for minimal washing facilities, ensure you bring bowls, soap, and if possible a small wash cubicle tent
- Show your Scouts and Guides how to brush their teeth using just a mug of water, toothbrush and toothpaste
- Come prepared to leave the Jamboree having had fewer showers than normal!

6.5 Key Safety Point: Infectious Disease

It is important to take preventative measures to reduce the impacts of infectious disease. Infectious disease covers a range of illnesses which are generally easily spread. They can be spread via person to person contact, hand contact surfaces and within food and water.

It is important that anyone suffering from illness seeks medical attention.

If two or more people in your Group exhibit similar symptoms you must inform your Subcamp Team immediately.

The Safety Team and Medical Team will be able to support/provide guidance and investigate to prevent spread of the illness.

Symptoms

Most infectious diseases have a range of symptoms which vary between types of infection. General symptoms could include a variety of the following:

Most Common Symptoms:

- Nausea
- Vomiting
- Diarrhoea

Other Symptoms:

- stomach cramps
- abdominal pain
- loss of appetite
- a high temperature (fever) of 38C+
- muscle pain
- chills

6.5.1 Preventing Spread

It is important that anyone suffering with the above symptoms adopts good hand hygiene practices and personal hygiene. This needs to include regular hand washing especially after visiting the toilet and before eating.

Anyone with symptoms should be kept away from the cooking tent and must not prepare food.

6.5.2 Clearing up bodily fluids

Ensure you have adequate and suitable antibacterial chemical and equipment. Always wear disposable plastic gloves, follow the 3C method:

- **Cover:** Cover the area with paper towel to prevent spread
- **Clear:** Clear the area of people to prevent contact
- **Clean:** Clean the area. Use an absorbent material to soak up the fluid (cat litter or sawdust). Scoop the spillage from the area into a secure plastic bag. Wash the area with water and a disinfectant.

6.5.3 Help / Support

The first aid team onsite can help assist when people are unwell providing support and guidance as needed. The safety team will also assist in providing support and dealing with concerns.

6.6 Water Collection

It is important that we use our water responsibly and minimise waste.

Please bring with you water carriers, remembering the tap could be located far away from your site. It is important that the carriers are filled carefully to avoid spillages around the tap. If the area around the tap becomes muddy/hazardous please inform one of the Subcamp Team.

6.7 Water Disposal

Water must be disposed of in the right way and in the right place. The site layout has been designed to keep vehicular movement to a minimum. This will mean that you need to carry full bowls of dirty water to the disposal point which may be located at the other end of your Subcamp to your site.

Therefore, we'd recommend that you bring one or all of the following:

- Bucket or two (with lids if possible) to carry the dirty water to the disposal point (remembering they may have to lift it high to pour out)
- A trolley to help carry/pull it bearing in mind the site is an open field and could have ruts, possibly deep
- A "wheelie" barrel or water hog
- A net to place over your waste water to catch cutlery

Please remember we want to avoid spillages as much as possible. If dirty water is spilt, please advise a member of your Subcamp Team if you feel it could become a hazard

Without exception, all dirty water must be disposed off at the disposal points.

7 Cooking on Gas

7.1 Fuel

The only fuel allowed on camping sites is gas. You should not store excess gas on your camping site, with a maximum of 100kg per plot. There will be daily deliveries of gas throughout the week to the main store.

Pierceable cannisters are not allowed at Essex International Jamboree

Any gas appliance onsite being connected to gas bottles must be designed for use with or converted for use with gas cylinders. All equipment needs to be in good working order with no visible damage.

Gas hoses must be inspected before coming to camp, confirmed as 'fit for purpose' and have been renewed within three years.

You will need a fire blanket and fire extinguisher; these must not have exceeded their expiry date.

If a fault does occur or damage is noticed, then the equipment must not be used.

During the event checks will be carried out to ensure gas safety.

7.2 Key Safety Points: gas and your cooking tent

Hoses must be kept as short as possible but be long enough for the gas cylinders to be positioned outside the tent and therefore accessible for the valves to be shut off in an emergency. All gas hoses must be less than 3 years old.

When using tents for cooking they need to be flame retardant, of an adequate size for moving around in and available exits for emergencies. Tents used for cooking need to have sufficient ventilation to prevent carbon monoxide building up from cooking.

8 Fire Safety

Fire safety is very important when camping in such large numbers. Should a fire occur on a camping site the risk of it spreading quickly through tents is a MAJOR concern. You need to ensure you take the simple steps below to prevent fire outbreak and also know what to do if a fire does occur.

8.1 Key Safety Points: Fire Rules

- No open fires, charcoal BBQs, pierceable gas cartridge cookers/lights or liquid fuel appliances are permitted
- Groups must have at least one fire blanket in the cooking area
- There are to be no naked flames in sleeping tents

- Cooking appliances must be positioned away from wall and roof surfaces in a secure position
- Full and empty LPG cylinders must be kept outside in a designated area and must be replaced in open air.
- Gas hoses must be kept as short as possible.
- Groups must keep spare gas to a minimum, no more than 100kg. Replacement cylinders can be purchased onsite
- No candles onsite
- Smoke in designated areas only
- No naked flames near gas bottles or pipework
- On smelling gas, immediately turn off all appliances, extinguish naked flames and raise the alarm.

Make sure you familiarise yourself with the Jamboree fire points and the evacuation procedures.

9 Food Safety

This is an important area which is often overlooked when camping. It can be more difficult to ensure food safety when camping due to difficulties at keeping food cold, effectively cleaning and storing of food. It is also important to remember that cooking for a group of people is different to using your own kitchen at home. The guidance below is set out to ensure good practices and safe food.

9.1 Purchase

As you will be on site for a whole week, planning your menu and timing of purchasing food is important. Whilst there are no issues with purchasing ambient stable products for the whole week, you should not purchase high risk, chilled food, for the whole week in advance. It would be advised that you purchase chilled/frozen foods on a regular basis throughout the week to ensure that this food is not affected by heat.

9.2 Storage

Ambient goods:

These should be stored off of the floor, preferably in sealed boxes to prevent insects coming into contact with them. Keep in mind that during hot weather food will deteriorate more quickly i.e. bread will go mouldy more quickly and fruit will spoil more easily.

Chilled/Frozen:

These foods need to be stored at their respective temperatures. Chilled, below 8°C and frozen, below 5°C (as long as it is used within one week). The exception to this is if you are going to use the frozen food within 24hrs of defrosting it.

Do not store chilled/frozen food out of temperature control.

An Ice Block Exchange is available via the Food Warehouse.

9.3 Cooking Food

All food needs to be fully cooked. You should make sure that liquid based dishes such as spaghetti bolognese are steaming and piping hot. When cooking meats ensure they are

fully cooked, check to ensure the liquids run clear and that the centre of meat has changed colour – poultry should go from pink to white, beef and lamb – pink to brown. If you are using a probe thermometer the food should have a core temperature of 75°C or above. You should not cool protein foods for use the next day as this cannot generally be achieved safely in a camping situation.

9.4 Personal Hygiene

When preparing, cooking and eating food, hand hygiene and personal hygiene is paramount. You need to ensure that there is clean hot water available with hand soap and drying facilities such as hand towels or paper towels. Hands should be regularly cleaned before cooking, after handling raw meat and in between tasks. Clean aprons should be used in the kitchen.

No one suffering from diarrhoea or vomiting (D&V) should prepare or handle food. They need to wait 48hrs after their symptoms have stopped before they start food preparation again; this is to allow the bacteria to leave their system.

Any cases of Diarrhoea or Vomiting (D&V) need to be reported to the Subcamp Team

9.5 Cleaning & Minimising Bacteria

Cleaning is an important part to ensuring food safety. Prior to preparing food all equipment and surfaces need to be effectively cleaned and disinfected.

The use of a surface sanitiser is recommended to remove bacteria. After preparing raw meat the area and equipment needs to be thoroughly cleaned with hot soapy water and then disinfected.

9.6 Key Safety Points: Cleaning is a two-stage technique:

- Cleaning – use clean cloths and hot soapy water or a sanitizer spray with some elbow grease.
- Use a sanitiser spray such as Dettol. Spray the surface and wait for a contact time so it can reduce bacteria levels. (For Dettol this is 30 seconds, for supermarket home brands it's usually five minutes). Remove the spray with paper towel.

Clean cloths and tea towels need to be available throughout the camp duration.

10 First aid

As with any camp, the group leaders are responsible for their first aid; and should bring a fully-stocked first aid kit. If you require additional support, your Subcamp Team will be available for you, and we also have a hospital on site for incidents requiring a Nurse or Doctor.

You need to have your own First Aid kit

10.1 Welfare

We also have a team available on site to support any welfare or mental health issues; please contact your Subcamp Team if you require their assistance.

11 Important reminders

- Remember that **all** the staff at the Jamboree have paid to be there. They are volunteers just like you.
- Some items on subcamps are personal property or have been hired for the event. “Trophy hunting” or “Taking of souvenirs” is theft
- Be ready to have a fun filled week and grasp every opportunity there is with both hands, we know a Jamboree is a really exciting place to come too, but make sure you get your sleep.