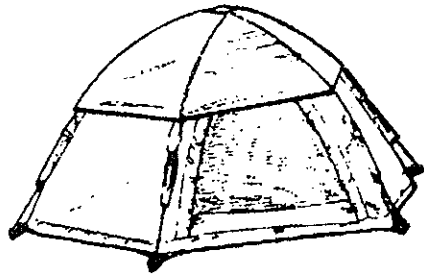
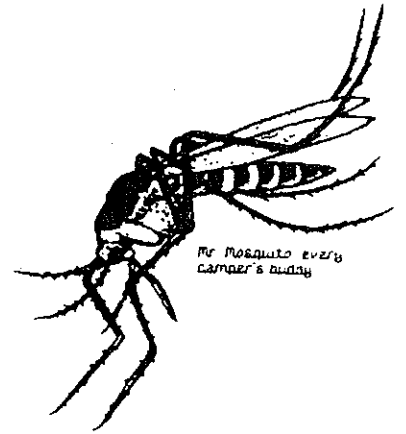


# BASIC SCOUT CAMPING



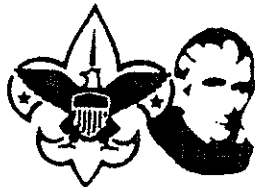
&

# SKILLS



# HANDBOOK

**WILLIAM HENRY HARRISON DISTRICT  
DAN BEARD COUNCIL**



**This book was made by  
Michael J. McCabe  
Unit Commissioner  
William Henry Harrison District  
Dan beard Council  
Cincinnati, Ohio  
BSA**

**This handbook came as an idea after attending courses on camping over my years in scouting. As the title states it is a basic camping & skills handbook. I thought this might make it a little easier for new leaders to start camping.**

**This book contains many illustrations as well as text and can be used by anyone to do basic camping not just Scout leaders.**

**Some of the skills in this book are age appropriate and and require adult supervision. Be sure to try them yourself first before introducing to you scouts. Remember safety first, last, always.**

**I have put 4 yrs. into this project, gathering materials from many sources, BSA books & publications, the internet and attending district roundtables.**

**It is my hope that this handbook will help new leaders & campers have a good experience with the outdoors and have fun camping.**

**I would also like to thank my son Corey McCabe (silver Palm) for helping me with the computer part of this handbook.**

**Please note that some pages in this book have more than one page number. Only the large red numbers on the pages are to be used when going through this book.**

**Michael J. McCabe**

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**Angel fire.com**  
**Baloo book**  
**Boy scout handbook**  
**Boy scout field book**  
**BSA merit badge book(camping)**  
**Cooks.com**  
**Coleman products**  
**Kay Clark**  
**Ben R. Fleming**  
**GSA San Geronio Council**  
**Eids domain**  
**Lodge dutch ovens**  
**Gary Ross EMT (Mscouter)**  
**Reynolds Aluminum foil**  
**Rountable planning guide(Webelos)**  
**Sylvan tool works**  
**Tandy leather**  
**WLOT handouts**

## Archery Safety

Archery, like BB gun shooting, must be conducted at day camp, resident camp, a council-managed family camping program, or at council activities where there are properly trained supervisors and all standards for BSA shooting sports are enforced. Cub Scout Sports recognition items for archery can be earned only at these events.

At camp, boys might have an opportunity to take part in an archery safety program under the direction of a trained and certified archery range officer. To be a qualified and trained archery range supervisor, adults must take part in a two-hour archery supervisor training program conducted by the local council with the help of a National Camping School-certified field sports director or a National Archery Association (NAA) instructor.

**Archery programs are not permitted at den and pack activities**, but leaders can help parents understand the importance of training and encourage attendance of boys at Cub Scout camps that offer this training. For additional information, refer to *Shooting Sports for Cub Scouts, Webelos Scouts, and Parents in Camp* (No. 13-550).

## EMERGENCY PROCEDURES

Always have a plan of action in the event of a change in conditions (tornado, fire, flash flood, or serious accident).

1. Who is in charge?
2. What steps are necessary to protect the group?
3. What steps are necessary to care for the injured?
4. Who needs to be notified?
  - Local authorities (police, fire, emergency preparedness, power company)
  - Emergency medical services (rescue squad or ambulance)
  - District executive or council Scout executive
  - Parent, guardian, or next of kin
  - Religious leader
  - Cub Scout pack leadership

Whenever an emergency occurs in which a person needs medical care beyond simple first aid (this means going to a medical clinic or emergency room at a hospital), you should notify the parent or next of kin immediately.

In case of a missing Cub Scout or a fatality, notify the council Scout executive after local authorities and emergency medical services. The Scout executive will make arrangements to notify the victim's family in person.

## BSA Recommendations on Treatments With Blood Exposure

Treat all blood as if it were contaminated with bloodborne viruses. Do not use bare hands to stop bleeding; always use a protective barrier. Always wash exposed skin areas with hot water and soap immediately after treating the victim. The following equipment is to be included in all first aid kits and used when rendering first aid to those in need:

- Latex or vinyl gloves, to be used when stopping bleeding or dressing wounds
- A mouth-barrier device for rendering rescue breathing or CPR
- Plastic goggles or other eye protection to prevent a victim's blood from getting into the rescuer's eyes in the event of serious arterial bleeding
- Antiseptic, for sterilizing or cleaning exposed skin areas, particularly if soap and water are not available

## Simple First Aid

All Cub Scout leaders should know how to perform simple first aid. The boys will have an opportunity to learn first aid when they become Boy Scouts.

Your local American Red Cross chapter, American Heart Association affiliate, or poison control center can provide information, literature, and training courses that will be helpful to you. Basic first aid classes for youth are also offered through the American Red Cross. Additional information can be found in the *Boy Scout Handbook* and the *First Aid* merit badge pamphlet.

The use of barrier devices, such as latex gloves, mouth barriers, and in some cases eye protection is important to prevent possible contamination by blood or other contact with injured people. (See "BSA Policy on Treatments With Blood Exposure" above.)

The following information is not intended to take the place of training but simply to serve as a reminder to you about how to handle specific problems. First aid procedures change periodically, so it is important to learn current first aid practices.

1. **Animal Bites.** Wash wounds with soap under running water. Have the animal caught alive so that it can be tested for rabies. Take the victim to a physician or call for an emergency medical service (EMS) ambulance.
2. **Bleeding.** Wash minor cuts under running water with soap and apply a clean cloth or adhesive bandage. For nosebleeds, keep the person quiet and seated with the head tilted forward. Pinch his or her nose while he or she breathes through the mouth. If bleeding does not stop, take the person to a medical center or physician.

**3. Burns.** For mild to moderate burns where skin or blisters are unbroken, immerse the area in cold water or apply cold, wet towels. Never apply ice directly to the skin or break the blisters. Do not apply butter, grease, or ointment.

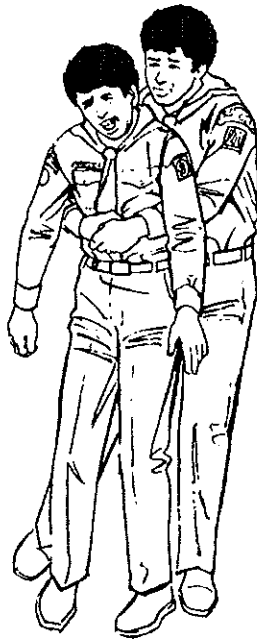
For severe burns (loss of skin), cover the area with a clean cloth. Keep the victim warm to prevent shock and get him or her to a hospital. Do not clean burns, remove charred clothing, or immerse the victim in cold water. Call for an EMS ambulance to transport the victim to the hospital.

For chemical burns, flood the area with water for at least five minutes. Remove the victim's clothing from the areas involved, apply clean dressing, and call for an EMS ambulance.

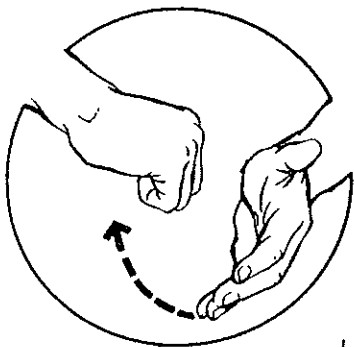
**4. Choking.** At first, do nothing, giving the cough reflex a chance to expel the object. Ask the person if he or she is choking. If the victim cannot respond vocally, perform the Heimlich maneuver: Get behind the victim, place the thumb side of your fist midway between the victim's waist and rib cage, grasp your fist with the other hand, and press into the victim's abdomen with a quick, upward thrust. Repeat abdominal thrusts until the blockage comes free. If the airway remains blocked and the victim becomes unconscious, call for an EMS ambulance immediately and continue the Heimlich maneuver with the victim in a horizontal position.



Apparent sign of choking



Heimlich maneuver



Hand position for Heimlich maneuver

**5. Convulsions.** Protect the victim from self-inflicted injury. Push away any hard objects nearby. Do not restrain the victim. Do not put a spoon or any other hard object between the victim's teeth. When the convulsions stop, turn the victim's head to the side.

**6. Electric Shock.** First, turn off the electric power if possible. Do not touch the victim until contact is broken. If you cannot turn off the power, send for an EMS ambulance and call the electric company. Do not attempt the rescue yourself. If the power is off, check the victim for breathing. Give rescue breathing (see below) if necessary. Send for an EMS ambulance.

**7. Fainting.** If a person feels faint, have him or her lie or sit down and lower the head between the knees. A person who has already fainted should be laid down with the back flat. Anyone who has merely fainted will regain consciousness almost immediately. Keep the victim lying down and quiet until recovery is complete—usually about 10 minutes. If the victim does not regain consciousness within one minute, check for breathing and send for an EMS ambulance.

**8. Falls.** Stop any bleeding and cover wounds with clean dressings. Keep the victim comfortably warm to prevent shock. If a fracture is suspected, do not move the victim unless absolutely necessary (as in the case of fire). If you must move the victim, do so by placing them first on to a flat surface, such as a door. Call for an EMS ambulance.

**9. Insect Stings.** Remove the stinger by "flicking" it with your index finger or scraping it out with a dull knife edge to prevent injecting more venom. Apply a paste of baking soda or meat tenderizer and water. In case of unusual swelling, get to an emergency room or medical clinic immediately. People with allergies should receive desensitization treatment from a doctor to prevent severe reactions.

People who know they are allergic to insect stings will probably be carrying medication with them. This is information you should know before a boy participates in areas where stinging insects might be encountered.

**10. Heat Exhaustion.** Heat exhaustion usually hits a person in an overheated room, but it can also overtake a person outside in the sun.

The victim's face will be pale, with cold sweat on the forehead. Breathing will be shallow. The body might be clammy from perspiration. Vomiting is common. Have the victim lie down in a cool, shady place with feet raised. Cool the victim by fanning or applying cool, wet cloths. Recovery should be rapid.

Don't confuse this condition with heatstroke, which requires a different kind of first aid.

**11. Heatstroke.** Heatstroke is usually caused by exposure to sun. It's a life-and-death matter. Get emergency medical care at once.

The victim's face will be like the sun: red, hot, dry. Breathing will be slow and noisy and the pulse rapid and strong. The body skin will feel dry and hot. The victim might be unconscious.

Get the patient to a cool, shaded spot quickly. Lay him or her down with the head and shoulders raised. Undress the victim down to the underwear and begin cooling—especially the head—with water. Cover the victim with dripping wet towels, shirts, or cloths that are kept cool by dousing them with water or by wringing them out in cold water from time to time. When the victim's body has cooled, stop treatment for a while to see whether it heats up again. If it does, resume cooling.

**12. Treatment for Shock.** With any serious injury (such as a bleeding wound, fracture, or major burn), always expect shock and take measures to lessen it. The symptoms are pale or bluish, cold, clammy skin; rapid pulse; and shallow, rapid, or irregular breathing. The injured person is frightened, weak, restless, apprehensive, or in a coma.

- Keep the victim lying down with the head lower than the feet (except in cases of head or chest injury when the victim has difficulty breathing).
- Loosen the victim's clothing.
- If the victim is cool, or if the weather is cool, cover him or her.
- If there is a head injury, raise the head instead of the feet.
- Shock can cause death. Treat for shock after any bad injury.

## Hurry Cases

Webelos Scouts learn how to handle first aid "hurry cases" as part of the Readyman activity badge and Arrow of Light Award requirements. You, as a leader, also should know how to handle these emergencies, where fast action can mean the difference between life and death.

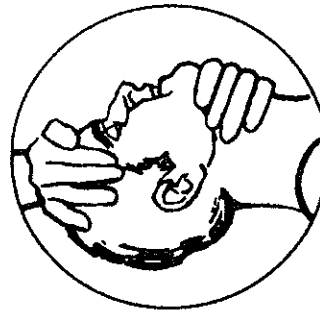
**1. Severe Bleeding.** Severe bleeding can cause shock or death. First, stop the bleeding. The best way to control bleeding is with direct pressure over the site of the wound.

- Use latex gloves when stopping bleeding or dressing wounds.
- Use a pad of sterile gauze, if available. A clean T-shirt will also work.
- Using the flat part of the hand, apply firm, steady, direct pressure for five to 15 minutes. Most bleeding will stop within a few minutes.

- If bleeding is from a foot, hand, leg, or arm, use gravity to help slow the flow of blood. Elevate the limb so that it is higher than the victim's heart.
- After bleeding is stopped, put bandages or cloths against the wound and tie them in place with another cloth or wide tape.
- Send someone else to call for an EMS ambulance.
- Treat the victim for shock as soon as you take care of the bleeding.
- Do not apply pressure to head or neck wounds when there is a possibility of fracture.

**2. Rescue Breathing.** In many accident situations where a person's breathing has stopped, the person's life might be saved with rescue breathing. First, check the victim for breathing. Look at the victim's chest. Put your ear to the victim's mouth and listen. If there are no signs of breathing, start rescue breathing.

In rescue breathing you breathe your own breath into the victim's lungs. The air in your breath has enough oxygen in it to save a life. For an adult, you breathe through the victim's mouth; for a child, you breathe into both the nose and the mouth.



Airway opened by head-tilt method



Breathing restored by mouth-to-mouth breathing

Place the victim faceup and tilt the head far back, with the chin pointing up. Lift the chin with one hand and press down the forehead with the other hand. Pinch the nostrils together with the thumb and forefinger. Then take a deep breath and give rescue breathing:



**Step 1.** Position a mouth-barrier device over the victim's mouth. Blow into the victim's mouth to fill up the lungs. Look to see that the victim's chest rises.

**Step 2.** Remove your mouth. Take a deep breath. Check to be sure that the victim's chest falls as the air escapes.

Repeat steps 1 and 2 every five seconds for an adult or every three seconds for a child (ages 1 to 8). When the victim starts breathing, time your efforts to fit the victim's efforts to breathe on his or her own. Then treat for shock.

If no air is getting into the victim's lungs, move speedily to open the airways:

- Place one hand on your other hand and press the victim's abdomen with upward thrusts.
- Probe the victim's mouth with two fingers for obstructions. Then quickly resume rescue breathing. Don't give up. Continue until a physician tells you to stop.

**If the victim has stopped breathing and there is no pulse, the heart has stopped. Cardiopulmonary resuscitation (CPR) is the approved method to restart the heart. Tiger Cubs, Cub Scouts, and Webelos Scouts are not large enough physically to apply CPR. It requires a trained person. Proper training by local Red Cross chapters or American Heart Association affiliates is essential because CPR can cause damage, even when done correctly.**

*Cub Scout leaders are encouraged to take CPR training for their own use but are discouraged from teaching it to boys.*

**3. Heart Attack.** The most important thing you can do to help if someone is having a heart attack is to *call for medical help at once*. It is also important to recognize the signs of heart attack:

- A feeling of pain or pressure in the center of the chest lasting more than a few minutes. It may come and go. (Sharp, stabbing twinges of pain are rarely signs of a heart attack.)

- Sweating when the room is hot
- Feeling nauseated
- Feeling short of breath
- Feeling weak

**4. Poisons by Mouth.** Sometimes, children may ingest poisons, such as bug killer, rat poison, pills from the medicine cabinet, or lighter fluid.

- Cans and bottles with poison in them often tell on the label what to do for the victim. Read the label and follow the directions, if possible. Also, save the container so that you can show it to a doctor.
- Get help right away. Call an EMS ambulance and the poison control center (toll free: 1-800-764-7661). Tell them what the suspected poison is and follow their instructions.
- Treat the victim for shock and monitor their breathing. Don't give anything by mouth unless medical professionals tell you to do so.
- Save any vomit if possible. It will help a doctor identify the poison and give the right treatment.

### Emergency Medical Identification



The symbol of emergency medical identification is worn on a chain or a bracelet. When you find it on an injured person, it indicates the need for special medical attention.

# ***Winter Camping and Hypothermia***

## **Hypothermia -- The Silent Killer**

**By Gary Ross, EMT-D**

**It's August now. The last of the summer warmth. Days grow shorter. Autumn is near, and then winter...**

**This segment is on hypothermia. Hypothermia is condition of general body cooling (in contrast to frostbite which is localized). It can kill you. But do not let the introduction mislead you. Hypothermia generally occurs during cold weather, but it can occur at any temperature (but generally below 60 degrees).**

### **CAUSES:**

**Three factors are major causal factors in hypothermia: cold, water, and wind.**

**1) In a cold environment, the body must work harder to regulate heat; contact with cold air, water, snow, ground or clothing will cause heat losses due to conduction.**

**2) If a person is submersed in water, heat will be lost due to conduction and convection. At a water temperature of 32 degrees death occurs in 15 minutes; at 70 degrees survival for as long as 48 hours has been observed. Loss of heat by evaporation is a major contributor also. Wet skin or clothing will cool of the body quickly, especially if it is windy and/or cold.**

**3) Wind will cause heat loss due to convection, and will accelerate heat loss due to evaporation.**

**4) Hypothermia occurs much more quickly in the elderly and chronically ill.**

**Hypothermia is insidious. As the body's core temperature drops, more**

and more body systems suffer from the effects of cold. The presence and severity of hypothermia can be assessed by the signs and symptoms below. A patient is hypothermic at any temperature below 98.6 degrees fahrenheit (rectal). 98-94 degrees is mild hypothermia; 94-84 degrees is moderate hypothermia, and below 84 degrees is severe hypothermia.

### **STAGES OF HYPOTHERMIA:**

**98 - 95 degrees - Sensation of chilliness, skin numbness; minor impairment in muscular performance, especially in use of hands; shivering begins.**

**95 - 93 degrees - More obvious muscle incoordination and weakness; slow stumbling pace; mild confusion and apathy. Skin pale and cold to touch.**

**93 - 90 degrees - Gross muscular incoordination with frequent stumbling and falling and inability to use hands; mental sluggishness with slow thought and speech; retrograde amnesia.**

**90 - 86 degrees - Cessation of shivering; severe muscular incoordination with stiffness and inability to walk or stand; incoherence, confusion, irrationality.**

**86 - 82 degrees - Severe muscular rigidity; patient barely arousable; dilatation of pupils; inapparent heartbeat and pulse. Skin ice cold.**

**82- 78 degrees and below - Unconsciousness; death due to cessation of heart action.**

### **TREATMENT OF HYPOTHERMIA:**

Two situations are possible. One is where evacuation to a medical facility is possible within several hours. The other is where evacuation will be delayed or impossible. The other parameter is stage of hypothermia.

**Moderate hypothermia;**

**Get the patient as sheltered as possible (tent, snow cave, etc.)  
Remove wet clothing and replace with dry clothing. Keep patient laying down. Place patient in a sleeping bag with a second rescuer of normal body temperature. Direct skin to skin contact is preferable. Warm stones or bottles can also be placed in the bag (be careful not to burn patient). Make sure all extremities and exposed areas (e.g. face, nose, ears) are protected. If patient is conscious and able to**

swallow without danger to his/her airway, give sugar and sweet, warm (not hot) fluids by mouth. **DO NOT GIVE ALCOHOL.** If evacuation is **IMPOSSIBLE** and facilities permit, immerse patient in tub of water at 105 degrees Fahrenheit. Monitor patient's temperature rectally with thermometer if possible. Continue rewarming efforts until patient's core temperature is restored to normal. Always evacuate a hypothermic patient as quickly and gently as possible, including rewarmed patients.

#### **Severe hypothermia:**

Patients in severe hypothermia are often erroneously thought to be dead. Neither pulse, nor heart sounds, nor respirations may be apparent. Handle a severely hypothermic patient with great care - **VERY GENTLE HANDLING.** Cut away wet clothing and replace with dry clothing. Maintain an airway, but use no adjuncts (e.g. oral airway). Once you start CPR, **DON'T GIVE UP.** Get help. Do not attempt to rewarm patient unless evacuation is **IMPOSSIBLE.** Keep patient supine, in a 10 degree head-down tilt.

Handle every hypothermic patient very gentle. Rough handling can cause cardiac arrest and death. Get every patient into shelter, replace wet clothes with dry ones. Apply external heat if condition dictates. And give warm, sugary food and drink if patient's condition allows. Get help. If possible, have rescuers bring a heated oxygen unit, and administer to patient. Perhaps equipment can be air-dropped. Keep calm and do not become a victim yourself.

**THE HYPOTHERMIC PATIENT ISN'T DEAD UNTIL HE'S WARM AND DEAD.**

#### **PREVENTION OF HYPOTHERMIA:**

Dress properly for current and possible conditions. Be prepared for sudden weather changes especially at elevations. Have at least one wool garment for the upper and lower parts of your body. Wool is the only material with any insulating value when wet. Carry or wear a windproof, waterproof garment. Always have a wool hat and wool mittens. Have extra clothing available especially mittens and hats. A large proportion of body heat is lost through the head. Wear suitable boots, insulated if necessary; wear wool socks, and always carry extra wool socks. Avoid getting overheated and perspiring, this cools you down - fast. Wear layers and remove clothing as necessary. Better having extra than too little. Dress sensibly and expect the worst.

Sit out bad weather. Better waiting than be overtaken by a blizzard or thunderstorm. Do not push on through the night. Make camp early and

rest thoroughly. You can continue tomorrow with a much greater safety margin.

Do not get exhausted. Exhaustion promotes heat loss, and thus hypothermia. Besides, if your exhausted, you are probably drenched.

Do not get in over your head. If your experience is limited to day hikes on moderate trails, do not try to go out and tackle Mt. Washington in February. Be smart. Learn to use a map and compass. Learn fire starting techniques. Learn first-aid. Be calm. Be prepared.

nia. Know the causes, warning signs, and treatment. Learn how not to get cold.

**NOTE:** Special hypothermia thermometers are available which measure between about 70 and 100 degrees Fahrenheit. I recommend carrying one in your first-aid kit on all cold weather excursions. Contact me for information on where you can purchase one.

I hope you found this information useful and important and feel free to contact me if you have any questions. Have fun in the great outdoors, but be careful. Mother Nature is never malicious, just incredibly powerful.

Gary Ross, EMT-D,

The Winter Camping and Hypothermia pages compiled by Chuck Bramlet is presented by R. Gary Hendra – The MacScouter – UC Pack 92 & CC Troop 92, Milpitas, California



# Sleeping Bags

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The sleeping bag is designed to eliminate drafts. You will sleep warmer in a bag than you will with blankets of equivalent weight. Sleeping bags come rated for temperature, and in a variety of shapes, sizes, and construction. A mummy bag is warmer than a rectangular bag due to less heat loss around your feet and shoulders. Most mummy bags also come with hoods, as up to 70 percent of your body heat is lost through the top of your head. While warmer, mummy bags take some getting used to. For example, it's a little harder to roll over in a mummy bag—you'll have to roll the whole bag!

The outside fabric, or shell, of the bag is often made of nylon. Loft (space to hold heat) is created by filling the shell with a variety of natural or synthetic materials. Partitions sewn into the shell hold the filler material in place. In less expensive bags, the partition seams may go straight through the shell, which makes it easy for cold air to creep in. In better bags, mesh or nylon walls, or baffles, divide the shell into compartments that keep the fill evenly distributed without lessening the loft, thus preventing cold spots. The best bags also have tubes of fill material backing the zippers to keep warm air in, and will probably have insulated hoods that can be drawn tight around the sleeper's face.

Bags come temperature rated for 45° F to -10° F and beyond. It is possible to add range to a less expensive bag by adding a cotton sheet (-5°) or a flannel sheet (-10°), or by sleeping in sweats (-10° to -15°). A tarp or extra blanket added around the bag will make it even warmer. Matching the range of the bag you buy to the temperature you expect to use it in the most is very important. It is also important to change into clean, dry clothing before getting into your sleeping bag. Moisture on your body from a busy day will quickly cool you and your sleeping bag down, which may make it very difficult to sleep comfortably. A stocking cap is a must, unless your bag has a hood already. Small bodies in long bags will be warmer if the bottom of the bag is folded up and tucked under.

If you don't have a bag, you can make an envelope bed using two blankets and a ground cloth. Lay the first blanket on top of the ground cloth. Put the second blanket half on and half off the first. Fold the first blanket into the second, then fold the remaining half of the second on top of the first. You should have four interlocked layers—two for the top, two for below. Fold the bottom of the blankets up to size, and secure with large clips or blanket pins.

**Simple quilting.** Loses heat where stitching passes through the fabric.

**Double quilting.** Two quilts fastened together in an offset manner to eliminate cold spots. Material tends to be heavier.

**Sleeping bag construction.** Sections through wall of bag illustrate how filling is kept in place.



*Simple quilting.* Loses heat where the stitching passes through the fabric.



*Double quilting.* Two quilts fastened together in an off-set way to eliminate cold spots. Material tends to be heavy.



*Box wall.* Prevents the filling from moving about.



*Slant wall.* Prevents down from moving about and gives it room to expand.



*Overlapping tube or V-baffle.* Very efficient, but because it uses a lot of material it tends to be heavy.

**Box wall.** Prevents fill from moving around in shell.

**Slant wall.** Prevents down from moving around and gives it room to expand.

**Overlapping tube or V-baffle.** Very efficient, but tends to be heavy.

**Goose down.** Actual feathers from geese, grown next to the skin. Ounce for ounce, the best insulator, but it is very expensive, and when wet it loses its loft and will not keep you warm. Requires careful laundering.

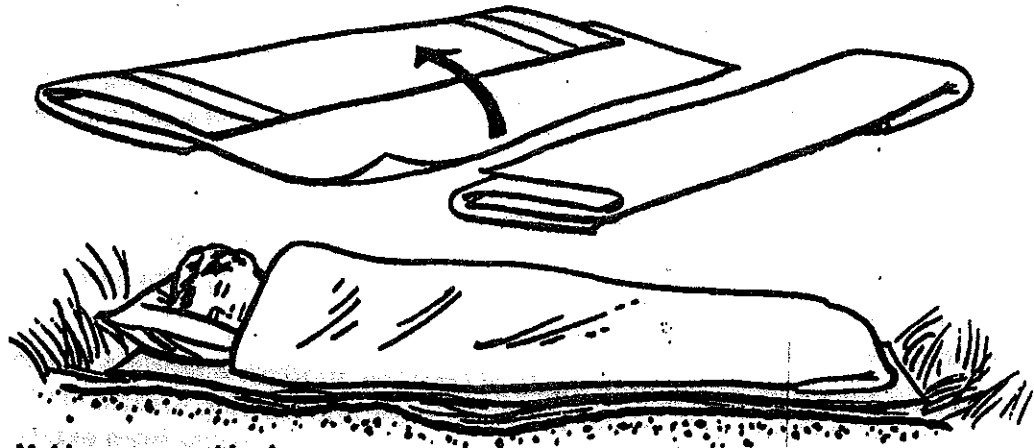
**Synthetic fibers.** Made from petroleum by-products by a variety of manufacturers. Heavier than an equally rated down bag, but will retain its insulating value when wet. They are easier to clean and quite economically priced.

**Ground cloth.** Commercially available, or 4- to 6-mil plastic, an old shower curtain, or a water bed liner will work. This will be your moisture barrier from the ground, and is essential.

### **Caring for Sleeping Gear**

If you expect wet weather, place your sleeping bag in a garbage liner before stowing it in its stuff sack. After your trip, and on nice days during extended trips, air out your bag thoroughly. Hang it in a closet or store it in a loose cloth sack to preserve the loft of the fill material. Clean it when it becomes soiled, according to manufacturer's instructions. Use of a bag liner will extend the life of the inside of the bag. Many campers find that the convenience of a light bag outweighs the use of sheets and blankets. Take care of it, and it will take care of you! Your sleeping bag is probably the most important piece of camping gear you will own. If you don't sleep well, the rest of the trip will not be fun.

# Personal Gear



Making a ground bed

## Bedroll

There was a time when every Boy Scout on a campout had a couple of warm blankets rolled sausage-shape and draped like a horeshoe over his pack. For summer camping, wool blankets still make a good bed. Fold them one over another to make an envelope into which you can crawl, and secure the edges with safety pins.

For most camping trips, though, a sleeping bag is more versatile than blankets. A medium-weight bag rated to keep you warm at temperatures around 25° to 30°F is a good choice. On hot summer nights, stay cool by unzipping the bag. In the winter, line it with one or two wool blankets, and close the zipper.

Sleeping bags are made of two parts—a fabric shell, and a fill material composed of goose down or synthetic fibers. The thicker the fill material, the warmer you will sleep. Less expensive bags have seams sewn through the shell to hold the fill in place, a manufacturing technique that can cause cold spots along the stitching where the fill is thin. In better bags, mesh or nylon walls called baffles keep the fill evenly distributed without lessening its loft.



# Pack Camping Gear

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In addition to the individual equipment listed in appendix J, Cub Scout Outdoor Essentials, the equipment listed below should be available for group use.

## Required Items

- First aid kit
- Food
- Cooking utensils as needed by menu, or cook kit
- Stove and fuel, or firewood, charcoal, and cooking grate
- Matches, fire starters, charcoal chimney-style lighters
- Aluminum foil
- Biodegradable soap
- Sanitizing agent (liquid bleach)
- Plastic scouring pads, dish mop, wash tubs
- One hundred feet of ¼-inch rope
- Water containers
- Trash bags
- Paper towels
- U.S. flag, pack flag
- Repair kit (rubber bands, safety pins, sewing gear)
- Toilet paper
- Shovel
- Cooler
- Activity gear (game material, craft supplies, etc.)

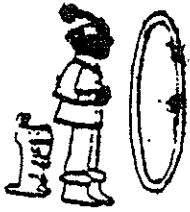
## Spare Items

- Tent stakes
- Fuel canisters
- Ground cloth or tarp
- Insect repellent
- Sunscreen
- Eating utensils
- Blanket

## Optional Items

- Dutch oven
- Marshmallows, popcorn, etc.
- Cooking fly or tarp
- Musical instruments
- Lawn chairs, camp stools

# DRESSING FOR THE OUT-OF-DOORS



Outdoor clothing should be functional rather than fashionable, Comfortable clothes are best, the kind you don't have to worry about if they get dirty.

## IN GENERAL:

1. Clothing should be lightweight and sturdy. Two light sweaters are better than one heavy one.
2. Dress in layers - such as flannel shirt, sweater, sweatshirt. This permits you to add or subtract clothing according to the weather. Layers are better than one heavy coat.
3. A sweater or sweatshirt is a necessity. Even if the weather is hot in the morning, it can change suddenly.
4. Always wear long jeans or pants when in the woods. They protect from insect bites, scratches and irritating plants.
5. Always wear socks and sturdy shoes. Two pairs of socks will help keep sweaty feet from rubbing and getting blisters. Socks also absorb moisture. Shoes should be "broken-in" prior to hiking. Remember: Sandals are not hiking shoes. Shoes made of natural fiber like cotton tennis shoes or leather shoes/Boots are better ventilated and cooler than synthetic fiber shoes.
6. Always wear a shirt. You can become sunburned, scratched by branches or perhaps come in contact with poisonous weeds. A loose lightweight long-sleeved shirt in summer will prevent sunburn. Once you are sunburned you will become uncomfortable and feel even hotter. Cotton fabrics are cooler than synthetics and allow for greater ventilation.  
Hats with brims are good for sunny days.
7. Be prepared for dew or rainy weather. A raincoat and boots are necessities.
8. A hat should be worn for protection in the woods. Ticks are an awful nuisance to remove.
9. Pack mittens/gloves for fall/winter/spring camping. It can get cold.
10. Change underclothes before going to bed.
11. Bring what you need. Need what you bring.

## WINTER DRESS

1. Two or three layers (turtleneck shirt tucked in, long sleeved cotton or flannel shirt, sweater or sweatshirt) worn over one another, protect you from the cold and let you take one off when it gets warmer. Synthetic materials often hold perspiration in, allowing body warmth to escape, so they will cause a person to be damp and chilled.
2. Wool pants are the best outer garment. Even when wet, wool clings and retains the warmth of your body. Blue denim jeans is the coldest material you could wear.
3. Wool socks absorb perspiration better than cotton or synthetic ones. If you can't wear wool next to your skin, try wool socks on top of thin cotton ones.
4. Boots worn with several pairs of socks should still be loose enough to wiggle the toes. Otherwise the tightness may cause circulation to be cut off and feet to get cold. Heat escapes through the head, remember (?), so if your feet are cold.....put on a hat.
5. Thermo underwear under pants add to winter comfort.
6. Ski caps will help keep you warm. Nearly 80% of your body heat escapes through you head. Ski caps worn to bed will also help keep you warm while sleeping.
7. Take along two or three pair of mittens or gloves. In case one pair gets wet, you'll have another. Wool liner gloves, even when wet, will retain warmth too. Mittens are warmer than gloves because your fingers remain together instead of separated like in gloves.
8. Warm pajamas or a sweatsuit can turn into warm underclothing for you on the morning of an especially cold day.
9. When a group has been very active, suggest its members loosen the clothing around their necks to allow the heat and moisture to escape.

Housing and cooking gear aren't the only items important to camp comfort. Among the others are clothing, bedrolls, air mattresses, foam pads, cots, lanterns, insect protection, toilets, and personal grooming articles.

### Clothing

This is a personal thing that you take care of every day at home by going to your closet and dresser drawers. It's a little different in camp. You have to bring everything you'll need from home. Most camp clothing will consist of the things you wear around home. Differences depend on the climate of the camping area, activities available, and the kind of campground.

You'll need bathing suits and towels if going to a lake, ocean setting, or a campground with a swimming pool. If there will be horseback riding, you'll want a broad-brimmed hat, boots, and jeans. A camp in the mountains will probably require warmer clothing, particularly at night. A camp in a hot humid area will call for shorts and T-shirts. If there are mosquitoes or biting flies, you'll want long sleeves and trousers. So, follow the Boy Scout motto. "Be Prepared."

The kind of camp will influence your clothing plans. Your needs for a two-day weekend camp will be quite different from those of a week-long trip.

Many private campgrounds have complete coin-operated laundries. If the campground where you'll be staying on a lengthy trip has laundry facilities, you won't have to bring a change of clothing for each family member for every day. These camp laundries usually have dryers as well as washing machines, but a clothesline and clothespins will come in handy after a rain.

Whether you will be doing laundry in camp or wait until you get home, you'll want to bring a mesh or duffel bag to hold soiled clothing until wash me.

acking  
**FOUND**

Experienced family campers have found it an advantage to pack each

FAMILY CAMPING GEAR

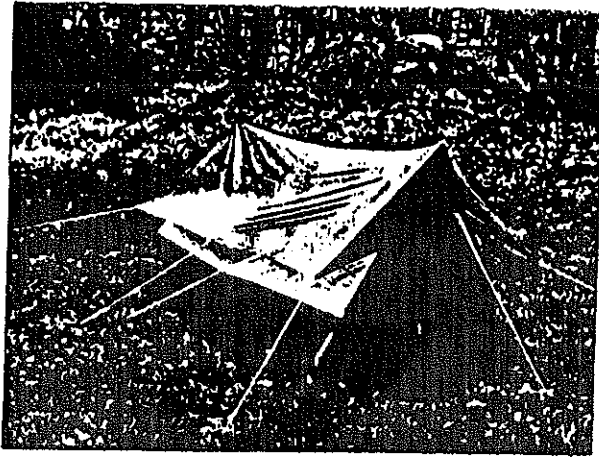
persons clothing in a separate suitcase, packsack, duffel bag, cardboard carton, or other container. They label each contain with the name of the person to whom it belongs.

An exception to this is with raingear. You never know when it might be needed, and it's foolish to have to dig into separate containers for rainsclothes every time they are needed. **YOU'D BETTER MAKE ONE MORE CONTAINER JUST FOR RAINGEAR.**

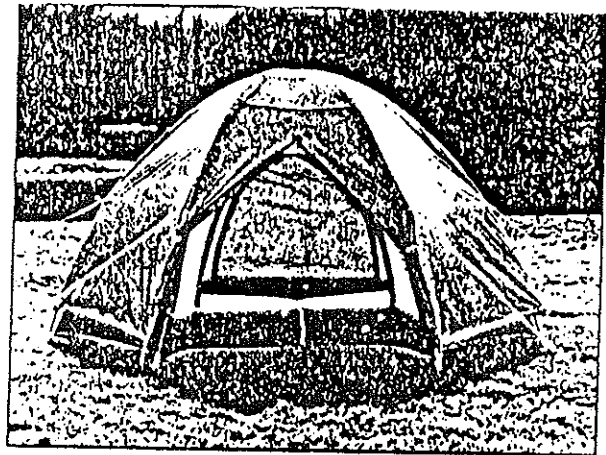
### Special Clothing for Special Conditions

Clothing to protect you from rain is the most obvious. You'll want a rainhat, raincoat, and rubbers as a minimum for each person. A rain suit will probably keep you drier if you'll be doing things in the rain. These two piece outfits have a drawstring hood, waist and ankle cuffs, and elasticized wrists. Get rain pants with legs large enough to put over your footwear.

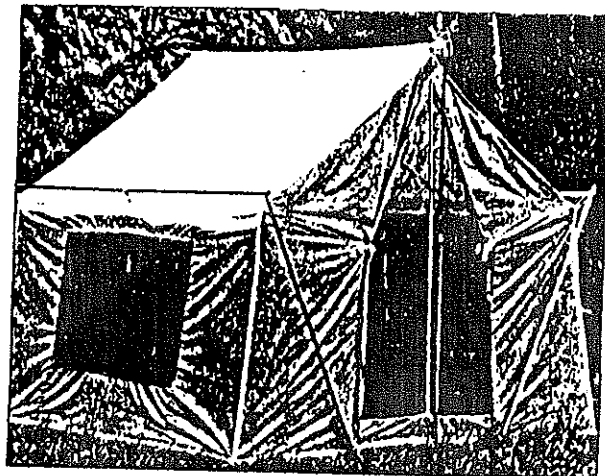




A-frame tent



Dome tent



Wall tent

The *Fieldbook* of the Boy Scouts of America says, "The ideal site has trees, water, grass-covered ground, gently sloping terrain, protection from severe weather, and a view." It adds this hard reality, "The possibility of finding all these in one campsite is quite remote, but the more of them you can get in one site, the better it will be. Avoid natural hazards . . . What's ideal in fair weather can be dangerous in a thunderstorm. Don't pitch tents directly under trees. Nearby trees afford wind protection,

---

**HINT** Children have a right to help in all camp chores, including setting up camp. Put that way, it's fun. If assigned as a chore, it's a drag.

---

wood, shade, and cover for wildlife; but trees overhead will continue to drip water long after a rain, and heavy branches or whole trees can come down in windstorm.

"On knolls or gentle slopes, rainwater drains away from, instead of through the tent. Be sure the slant of the ground isn't too steep because, if you camp there, you'll wake up in the morning outside your tent."

This is still good advice if you have a choice in your site selection. Grassy slopes do have less rain runoff than bare ground. Nearby trees are a boon, but overhead they are a nuisance and can be dangerous. And, as stated so well in the introductory quotation to this chapter, a view is an asset.

## Your Tent or Tents

It is recommended that the first thing you do after reaching the site is to decide where the kitchen and dining area will be. This decision is easy if there is a table and fireplace. You do this first because, if you have a dining fly, it should be the first thing set up. It gives a place where you can unload your gear, protected from the weather.

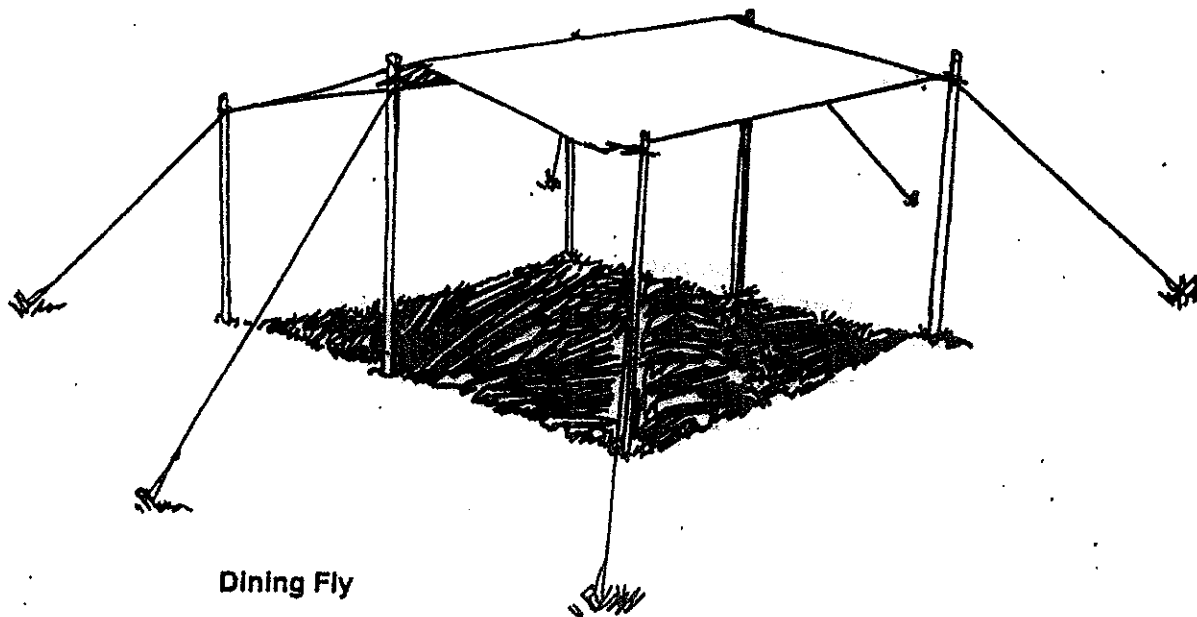
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**T** Unless guy lines are permanently attached to your tent, tie your taut-line hitch at the end of the line nearest the tent rather than at the stake.

---

Lay out your dining fly and put all four pegs out from corners in a direct line from the opposite corner. On two opposing sides, put pegs at right angles to the sides and out from the middle.

While the fly is still down, fasten poles at each corner, and one along each side in the middle to match tent peg locations. The clove hitch is an excellent knot for this purpose. The knot section of this chapter shows how to tie it.



Dining Fly

Tie the guy line from the top of each pole to its corresponding peg, leaving plenty of slack to allow for raising the pole. Now raise two opposing corner poles and tighten the guy lines to hold. Then raise the other two poles and tighten. Raise the two side poles and tighten.

The purpose of the two side poles is to raise the center so that in a rain the fly will drain. If it doesn't, you'll end up with a great pool of water over your head. The two side poles should be about 6 inches higher than the corner poles. If the poles aren't already longer, compensate by sinking the corner poles in the ground, or by putting blocks under the side poles.

---

**HINT** *Another way to make rain run off your dining fly is to put a pole, longer than the corner poles, in the middle of the fly. Protect the material by putting layers of cloth between it and the pole.*

---

Now you have time to decide where to put your tent. Check the location carefully to be sure you won't be in a bed of poison ivy, or on an exposed root, rock outcropping, or some other hard-to-remove obstruction. Pitching your tent on an anthill doesn't make for comfort, either.

Follow the manufacturer's directions for pitching your tent. Methods vary for different kinds of construction. Common practice with the old style tent with interior poles is to tie the door shut first. Clear away any loose sticks, pine cones, rocks, or other things that might puncture the floor or groundcloth. Spread the tent out flat in the position it will occupy. Stake down the corners, making sure the canvas is pulled tight between the tent pegs.

---

**HINT** *Use ball-and-wire grommets to fasten ropes to canvas where there isn't a grommet to loop through.*

---

Put tent pegs out for whatever guy lines are needed. In most soils drive the pegs at a right angle to the pull of the line. Fasten the guy lines to the pegs at ground level, but leave plenty of slack in the lines. Then raise the tent pole, lifting the tent into position. Then, if it's a two pole tent, raise the second pole.

---

**HINT** *In soft ground, strengthen the hold of tent pins by overlapping two of them.*

---

Retie the guy lines or reset the pegs to give proper shape and support. Use taut-line hitches to fasten lines to pegs so lines can be loosened at night or before rain when ropes will shrink and either pull out pegs or tear the tent. See the section on knots to learn how to tie the

---

**HINT** *If your tent doesn't have a floor, you can take tension off your tent ropes by digging a small hole in the ground beside the base of your tent pole. When it rains, put the pole into the hole, lowering the tent to slacken ropes.*

---

taut-line hitch, a valuable camper's knot.

The final step is to put in the pegs around the base of the tent between the corners.

If your tent doesn't have a floor, this is the time to put in your groundcloth. If there is a sodcloth, put you:

---

**HINT** *If you have to sleep on the ground without air mattress or foam pad, you can sleep more comfortably by putting thicknesses of clothing under your head, the small of your back, and middle thighs.*

---

groundcloth on top of the sodcloth. This keeps out draft and crawling things.

Put in your air mattresses, pads, or cot, and lay out your bedroll. Now you're ready to take care of all the other things that need doing, like setting up the kitchen getting water, and collecting or buying firewood for an evening campfire, if permitted.

---

**HINT** *Put your first aid kit in your kitchen area and make sure everyone in the family knows where it is.*

---

## DAILY CARE OF TENTS

ARRANGE FOR REGULAR UNIT TENT INSPECTION TO BE SURE CAMPERS....

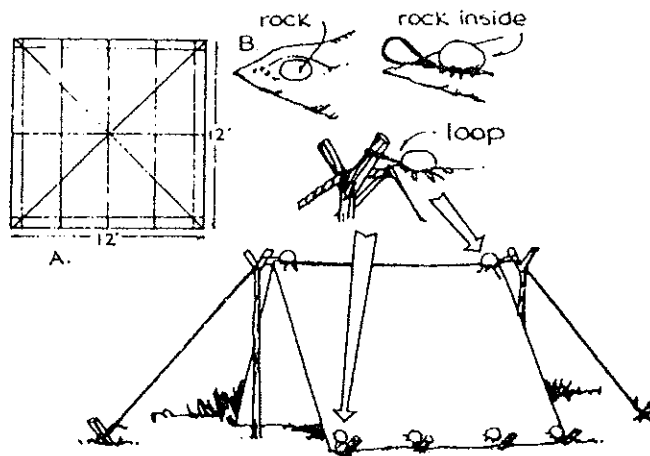
1. Loosen guy ropes in the rain - when drying they shrink and put undue strain on canvas.
2. Never hang anything on guy ropes or tie tapes - looks untidy, pulls tent out of line.
3. Roll side walls and door flaps up toward the inside of the tent - so they can be let down from the inside and also prevent water from catching in the roll.
4. Roll side walls and door flaps down daily - mice sometimes build nests if sides are left rolled up.
5. Never roll side walls or door flaps up unless completely dry - damp canvas will mildew rapidly when not open to the air.
6. Never touch tents from the inside during a rain - capillary attraction will bring water in.
7. Never permit insect (or any aerosol) spray to contact walls or roof of tent - the chemicals dissolve the water repellent treatment.
8. Do not pin anything to the wall of a tent - as it causes tears and leaking.
9. Tie tapes in a half bow so they can be untied when wet - nothing like a wet, tight knot to encourage the cutting or tearing of tapes.
10. Report all small tears, missing ropes, tapes, etc. at once - this keeps repairs minor.
11. Keep mirrors under cover as sunlight reflected in a mirror can be hot enough to burn a tent.
12. In questionable weather, when leaving the unit, all tent flaps and sides should be fastened down.



## PACK MEETING DEMONS

- Display a backyard tent and envelope bed.
- Demonstrate pitching a tent.
- Demonstrate how to make an envelope bed.
- Demonstrate various ways of tying knots.
- Demonstrate how to lay a fire.

Place filament tape horizontally, vertically, and diagonally, as shown in figure A. The taped side will be the inner side of the tent.



### The Polytarp

The shelter illustrated is called a polytarp. It can be rigged in many different ways. It weighs only about 4 pounds and sleeps two boys comfortably. You can buy polyethylene sheets at a hardware store, or you might be able to salvage discarded sheets from farm suppliers or building contractors. The plastic is available in colors or transparent.

#### Materials:

- 12-by-12-foot-square, 4- or 6-mm-thick polyethylene
- 150 feet of 2-inch-wide adhesive filament tape
- 30 to 40 feet of No. 36 nylon twine (260-pound test)
- 26 feet of nylon braided rope for ridgeline
- 20 feet of string (chalkline)
- Scissors, yardstick, chalk

1. Lay out polyethylene sheet on a flat, clean, dry surface. Be careful not to punch any holes in it. (Holes can be patched with filament tape or plastic adhesive tape).
2. The polyethylene must be clean and dry when applying the filament tape for reinforcing. With the yardstick, chalk, and chalkline, mark the lines along which the filament tape must be attached (see illustration) and then stick on the tape. The

# Campsite Considerations

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Cub Scout camping will be taking place in approved local parks and campgrounds, so choices may be limited on arrival. There are still several considerations to keep in mind when laying out your campsite for a pack event.

**Location.** A campsite facing the south or southeast will get more sunlight and generally will be drier than one on the north side of a hill or in the shade of mountains or cliffs. Cold, damp air tends to settle, causing the bottoms of valleys to be cooler and more moist than locations a little higher. On the other hand, hilltops and sharp ridges can be very windy, and may become targets for lightning strikes.

**Size and shape.** A good campsite has plenty of space for your tents and enough room to conduct your activities. It should be useable as it is, so you won't need to do any digging or major rock removal to reshape the area. The less rearranging you do, the easier it will be to leave the site exactly as you found it.

**Protection.** Consider the direction of the wind and the direction from which a storm will approach. Is your campsite in the open or is it protected by a hill or a stand of trees? Is there a solitary tree nearby that may attract lightning? Don't camp under dead trees or trees with dead branches that may come down in a storm or light wind. The best campsites are found near small, forested ridges and hills.

**Insects and animals.** Insects and other animals all have their favorite habitats. The best way to avoid mosquitoes and biting flies is to camp away from marshes, bogs, and pools of stagnant water. Breezes also discourage insects, so you might look for an elevated, open campsite. Don't forget to check around for beehives, hornet nests, and ant mounds. Their inhabitants usually won't bother you as long as you leave them alone, but give them plenty of room. The same goes for most animals.

**Ground cover.** Any vegetation covering a campsite will receive a lot of wear and tear. Tents will smother it, sleepers will pack it down, and walkers will bruise it with the soles of their shoes. Some ground cover is tough enough to absorb the abuse, but much of it is not. Whenever you can, make your camp on naturally bare earth, gravelly soil, sand, or on ground covered with pine needles or leaves.

**Drainage.** While you'll want a campsite that is relatively flat, it should slope enough to allow rainwater to run off. On the other hand, you don't want to be in the path of natural drainage. Check above the site and be sure you're not in a dry stream bed that could fill during a storm. With proper location, you'll never have to ditch a tent. Also you want to avoid depressions in the ground, as even shallow ones can collect water in a storm.

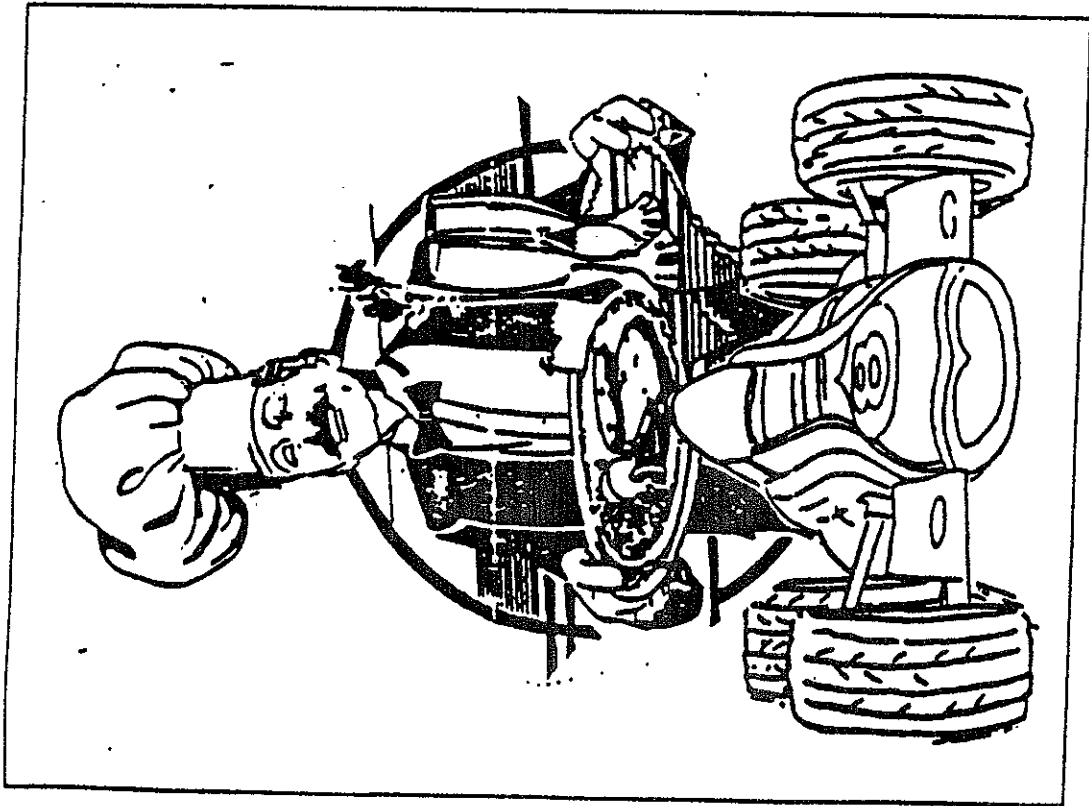
**Privacy.** One of the pleasures of camping is being away from crowds and the fast pace of the city life. Select campsites that are out of sight and sound of trails and other campsites. That way you'll have your privacy while you respect the privacy and peace and quiet of other campers.

**Beauty.** The beauty of a campsite often is what first attracts visitors to it. Being able to look out from a tent and see towering mountains, glistening lakes, or miles of canyon land or rolling prairie is part of what camping is all about. Find a campsite that gives you spectacular scenery, but use it only if it is appropriate for every other reason, too. Remember to always leave your campsite better than you found it.

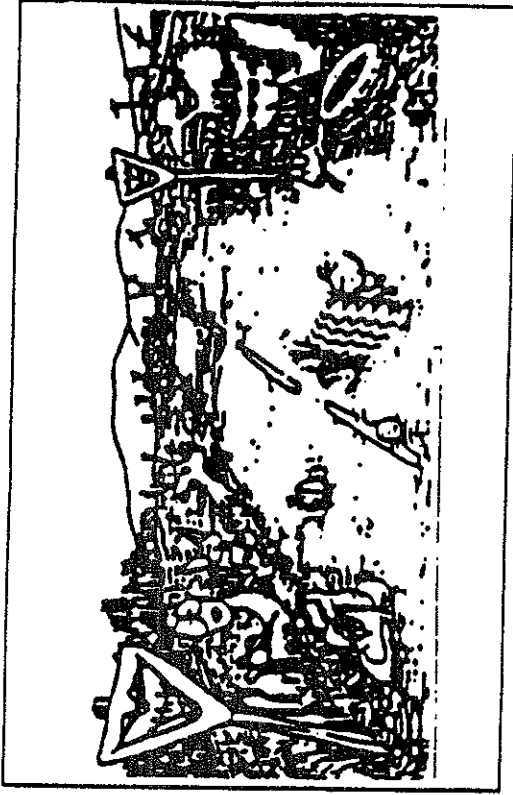
**Tread Lightly.** You can do a lot to protect the wilderness. Try to leave no trace of your visit. Leave no marks along the trail, keep your campsite clean and tidy, and leave it cleaner than you found it. You will preserve a true wilderness character for you and others to enjoy in the future. Take nothing but pictures; leave nothing but footprints; and kill nothing but time. This philosophy is as appropriate in a county park as it is anywhere else.

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# MENU



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State Trooper's Blooper .....	6.95
-------------------------------	------

(He pulled 8/95 but forgot to get over)

## COOKING WITH ALUMINUM FOIL

"Perfect camp meal—no pots or pans to carry, no utensils to clean afterward. "How does that sound to you? Great! But impossible? Not at all—if you go in for aluminum foil cookery. You simply wrap your foodstuffs in a piece of heavy-duty foil in such a way that the steam cannot escape. Place the package on hot coals and turn it a couple of times during the cooking. When cooked, the foil is your plate.

The fire is important in foil cookery. You need a shallow bed of glowing coals that will last for the time required for cooking. Quickest way to get this is to make a crisscross firelay and let it burn down to embers.

### Hamburger a la Foil

Make 125g (4 oz.) hamburger into a thick cake. Peel 1 potato and cut it into strips. Peel and slice onion. Scrape 1 medium carrot and cut it into sticks. Place the ingredients on a piece of foil. Sprinkle with salt. Close the foil into a package. Place the package on the coals and cook for 15 minutes.

### Foil Stew

Cut 125g (4 oz.) beef or lamb into 2cm (3/4 in.) cubes. Place on foil with 1 peeled and cubed potato, 1 peeled and quartered onion, 1 scraped and sliced carrot. Sprinkle with salt. Wrap up. Cook on coals 20 minutes.

### Caveman Steak and Lyonnaise Potatoes

Place on foil 1 potato and 1 onion, peeled and sliced. Dab with butter and sprinkle with salt. Wrap up. Cook on coals for 15 minutes. Place a 250g (8 oz.) steak on foil directly on the coals. Cook 2.5 cm (1 inch) steak 6 minutes on each side for rare, 8 minutes for medium, 10 for well done.

### Chicken and Corn Roast

Smear 2 ears of corn, 1 chicken drumstick, and 1 thigh with butter. Sprinkle with salt and wrap in separate foil packages. Cook chicken on coals 20 minutes, corn 10.

### Baked Fish

Wrap 1 or 2 slices of bacon around the fish. Wrap in foil and bake on coals 15 to 20 min.

### Biscuits

Make biscuits according to usual recipe. Wrap in greased foil. Wrap loosely to permit raising. Bake 6 to 10 minutes. Turn halfway through to baking.

### Baked Fruit for Dessert

Wrap apple or banana in foil. Bake apple about 30 minutes, banana 10. Try baking a whole fresh pineapple in foil some day. That's eating!

*Recipes from Boy Scout Handbook - First edition - 1979*

## FOIL COOKERY

Want a good hot hike meal without lugging pans or washing dishes? Take foil! Don't take the whole roll if it doesn't fit your kit—take as much as you need, carefully folded to convenient size. Or carry your food (except eggs or biscuit dough) already packaged ready for the fire. Be careful, though, it's tender and easily torn or punctured, which spoils it. Use two thicknesses to make the packets for steam baking—or make utensils for frying or boiling from two layers when you're ready to cook. Shape foil for small pots over your fist and roll and crimp the edges to make them sturdy; improvise larger ones by folding or pinching the foil. Keep it simple; you needn't mess around with wire to make handles or a frame; you can manage, especially around the coals needed for foil cooking. Temper the live coals with hot ashes to avoid incineration of the food. Check the progress of sealed food packages until you learn timing, even though steam will escape and slow things down. You'll get the hang of it. Carry a plastic bag to carry home the used foil. Don't leave it!

### Burger in Armor

Wash, peel, and cut in 1/8-inch slices a medium potato and a large carrot. Double foil into an 18-inch square and spread the vegetables on one-quarter of it, leaving a 2-inch margin around them. Pat 1/4 pound of hamburger into a 3/4-inch cake and put it beside the vegetables. Salt the vegetables but not the meat; pepper if you like. Add slices of onion and a dab of butter. Fold empty side of the foil over until edges are even. Turn a 1/2-inch fold over and crease; fold twice more, pressing flat. Do the same at both ends to seal packet. There is (or should be) room for expansion. Set on tempered coals and cover with more. Cook 15 to 20 minutes. Eat from foil.

### Biscuits or Shortcake

Use mix or favorite recipe and make dough, adding 1 tablespoon of sugar per cup of dry ingredients for shortcake. Mix with water right in the carrying bag, stirring with stick until dough makes ball on stick. Flour hands, pat dough into 1/2-inch thick biscuit with minimum handling. Grease a 12-inch square of doubled foil, and fold as for burger recipe. Bake in coals 10 minutes, turning packet to even browning. Leave plenty of room in packet for dough to rise. Eat as is or save to combine with fruit.

### Baked Fruit

Wash and cut a lid off the top of an apple. Remove the core and sprinkle in a teaspoon of sugar or cinnamon sugar for zip. Add a generous chunk of butter. Center in larger square of doubled foil and bring corners up over apple. Twist to close foil tightly. Bake 10 minutes or so in coals. To bake a banana, wrap it, skin and all, in doubled foil and twist ends to seal. Bake it about 10 minutes. Serve the fruit in the foil—it's less messy to spoon out that way. Try adding berries or fruit to foil-baked shortcake.

Recipes taken from: Fieldbook – second edition – 1977 printing.



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### Reynolds Wrap® Aluminum Foil

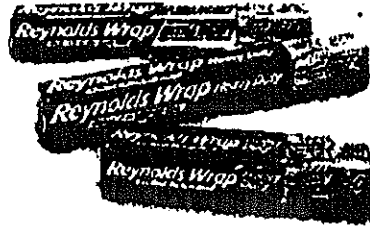
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How To:

Packet Cooking



### Quick & Easy Packet Cooking



**1. CENTER** Ingredients on a sheet (12x18-inches) of Reynolds Wrap® Everyday® Heavy Duty Aluminum Foil.



**2. BRING** up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets.



**3. BAKE** on a cookie sheet in preheated 450°F oven, **OR GRILL** on medium-high in covered grill.



**4. AFTER COOKING**, open end of foil packet first to allow steam to escape. Then open top of foil packet.

**For Veggie Packets**, Start with one sheet (18"x24") of Reynolds Wrap® Heavy Duty Aluminum Foil and make one large packet instead of four.

▶ Reynolds Wrap® Aluminum Foil

▶ Reynolds® Oven Bags

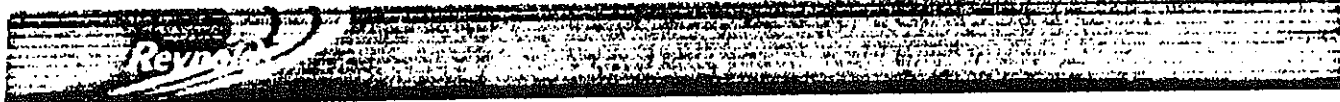
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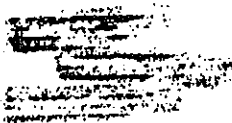
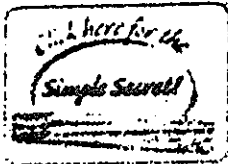
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### Pizza Quesadilla



#### Reynolds® Wrappers™ Pop-Up Foil Sheets

- 1 (8-inch) flour tortilla
- 2 tablespoons pizza sauce
- 1/3 cup shredded Mozzarella cheese
- 6 slices turkey pepperoni

**PREHEAT** toaster oven to 400°F. Line toaster oven tray with a Reynolds Wrapper Pop-Up Foil Sheet; set aside.

**SPREAD** half of tortilla with pizza sauce. Sprinkle half of cheese over sauce. Arrange pepperoni slices on top. Sprinkle with remaining cheese. Fold tortilla in half enclosing filling; place on foil-lined toaster oven tray.

**BAKE** 6 to 8 minutes or until cheese is melted and tortilla is golden brown.

**Number of Servings:** 1

#### Nutrition Information:

(Per Serving)

calories	306
grams fat	13
milligrams cholesterol	44
milligrams sodium	722
grams carbohydrates	30
grams protein	15

Step=ShowRecipe

Go



### Garden Vegetable Packet

Go



- 1 sheet (18x24-inches) Reynolds Wrap® Heavy Duty Aluminum Foil
- 3 cups broccoli florets
- 2 cups cauliflower florets
- 1/2 medium red bell pepper, cut in 1-inch pieces
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 ice cubes

**PREHEAT** oven to 450°F or grill to medium-high.

**CENTER** vegetables on sheet of Reynolds Wrap Heavy Duty Aluminum Foil. Sprinkle with seasonings. Top with ice cubes.

**BRING** up foil sides. Double fold top and ends to seal making one large packet, leaving room for heat circulation inside.

**BAKE** 20 to 25 minutes on a cookie sheet in oven

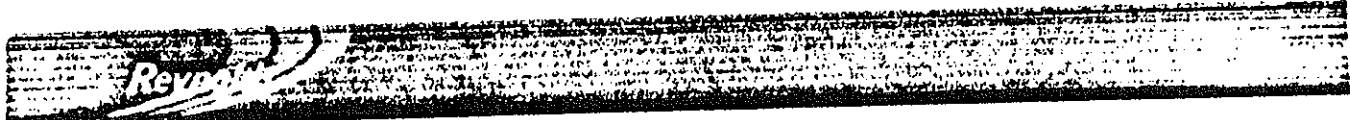
**OR GRILL** 15 to 18 minutes in covered grill.

**Number of Servings:** 4-6

**Nutrition Information:**

(Per Serving)

calories	40
grams fat	0
milligrams cholesterol	0
milligrams sodium	326
grams carbohydrates	8
grams fiber	3
grams protein	3
grams sugar	2



Search Recipes:

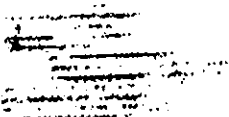
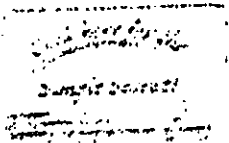
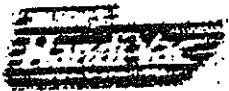
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Advanced Recipe Search:

### Southern Style Chicken and Sweet Potatoes

Search Everything:



- 4 sheets (12x18-inches each) Reynolds Wrap® Heavy Duty Aluminum Foil
- 4 boneless, skinless chicken breast halves (1 to 1 1/4 pounds)
- Salt
- 1 can ( 29 oz.) sweet potatoes in heavy syrup, drained
- 1 jar (15 oz.) escalloped apples
- 1/3 cup packed brown sugar
- Ground cinnamon

**PREHEAT** oven to 450°F or preheat grill to medium-high.

**CENTER** one chicken breast half on each sheet of Reynolds Wrap Heavy Duty Aluminum Foil; sprinkle with salt. Top with sweet potatoes, apples, brown sugar and cinnamon.

**BRING** up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets.

**BAKE** 25 to 30 minutes on a cookie sheet in oven **OR GRILL** 15 to 17 minutes in covered grill.

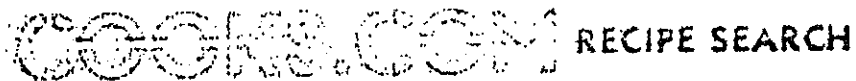
**Number of Servings:** 4

**Nutrition Information:**

(Per Serving)

calories	537
grams fat	4
milligrams cholesterol	83
milligrams sodium	445
grams carbohydrates	89
grams protein	31

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## **CHOCOLATE ECLAIRS - CAMPFIRE COOKING**

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- 1 pkg. (8) Pillsbury Quick Crescent Rolls**
- 2 individual snack size vanilla puddings**
- 1 "Ready to Spread" can of chocolate frosting**
- 4 (6x6) squares of aluminum foil**
- 4 (1 to 1 1/4 inch) diameter aluminum tent poles or green sticks with the bark peeled for 6 inches on end**

Wrap the aluminum foil **TIGHTLY** around end of pole or green stick. If hollow, tuck into end.

Form dough of crescent roll around foil to make a tubular shape - cook slowly - rotating often over a low campfire of hot coals until brown.

Remove from end of foil and fill with 2 tablespoons of vanilla pudding. Spread prepared frosting on top. Eat carefully - you will not believe you are camping. Recipe feeds four.

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# COOKS.COM RECIPE SEARCH

## CAMPFIRE PIZZAS Printed from COOKS.COM

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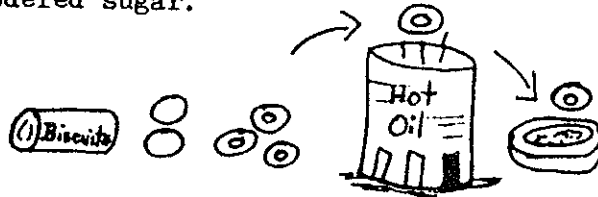
1 pkg. English muffins  
Pizza sauce  
Cheese & meat, your choice  
Foil

Fold foil to form a tent over 1/2 a muffin. Spread sauce on a sliced muffin. Add cheese and meats and whatever you wish on your pizza. Cook over hot coals 10-15 minutes or until cheese melts. Easy and fun for kids.

## DOUGHNUTS

Make doughnuts out of canned biscuits by poking hole in center of each. Fry in hot cooking oil over hot coals. Be certain that the pan of oil is on a solid base so it can not be knocked over. Turn once with tongs or stick. Watch, as they cook quickly. It should take 1 1/2 to 2 minutes to brown one side.

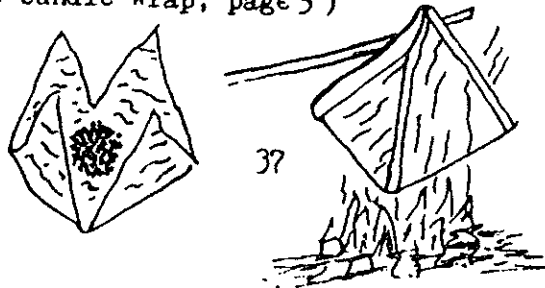
Remove to drain on paper towels, and roll in powdered sugar.



## HOBO POPCORN

In the center of a foil square (6" by 6"), place one teaspoon of cooking oil and one tablespoon of popcorn. Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to expand.

Tie pouch to a long stick with a string, and hold the pouch over hot coals. Shake constantly until all corn has popped. Season with butter and salt.  
(See bundle wrap, page 5)



## HOBO STOVE RECIPES

### EGG ON A RAFT

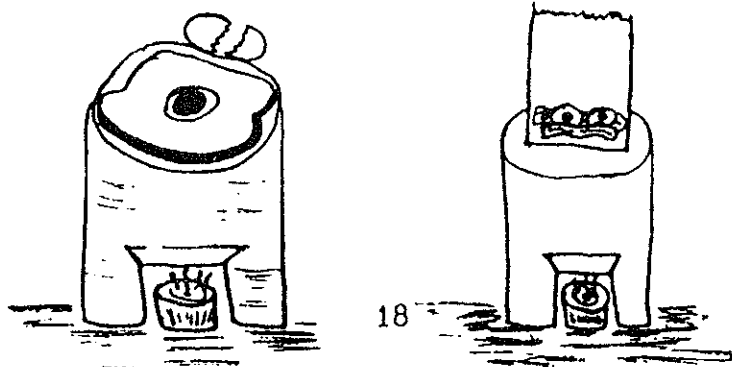
Grease the cooking surface of hobo stove. Cut two-inch diameter hole in a slice of bread. Place bread on burner, and break egg into the hole. Season and turn once while cooking.

### EGGS AND BACON IN A BAG

To add to your outdoor cooking fun, try this "magic" trick:

Open a lunch-size paper sack, and line the bottom of the sack with a strip of bacon cut in half to keep eggs from sticking to the sack. Place on the hobo stove, and let cook 5-10 minutes (sack will be greased by this time). Crack and drop one or two eggs into the sack. For scrambled eggs, drop egg from a foot or so above the sack. Cook until egg is the way you like it. Tear down the sides of sack, and remove the food with a spatula.

Toast can be made by placing two slices of bread on the can. The bread sticks to the can and toasts quickly.

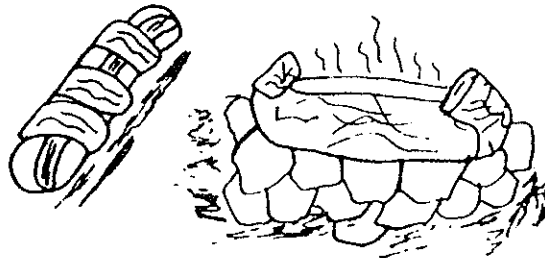


### HOT DOGS IN FOIL

Cut a hot dog in half the long way. Put some cheese in the slit, and close the hot dog by wrapping a slice of bacon around it.

Wrap the hot dog in foil using the drugstore wrap.

Cook in hot coals 8 minutes, turning after 4 minutes.



### HOT DOGS IN BATTER

Batter mix: 2 cups instant dry milk  
1/2 cup flour  
1/2 cup (1 stick) margarine

Mix ingredients in large bowl until it looks like cornmeal.

Each Cub Scout in the den cuts his hot dog into 1-inch pieces. Dip the pieces in the batter, making sure that each piece is completely coated. Each boy wraps his hot dog in a 5" square of heavy-duty foil. Place packages on hot coals and cook for 4-5 minutes. Remove and eat!

