

## List of items to bring to Camp

- **Students should bring only the items specified. Any other material will be confiscated.**
- **Mobile phones, Cameras, Radios, CD's or any other electronic items and any ornaments like rings, chains, etc. are prohibited.**
- **Pocket money brought should not exceed Rs. 200/-.**
- **Only 1 bag (approx. 25 liters) and 1 small rucksack should be brought**

### Clothing & Accessories

- 1 set of complete Uniform - VIII, IX (Scout/Guide), XI (College)
- Daily wear - 1 set for each day + 1 to swim in (*At all times - boys wear full trousers/slacks and half-shirts/T-shirts; Girls wear salwar-kurta/trousers with loose-flowing shirt*)
- A Sweater / Jacket with a Scarf / Muffler
- A Hat or Cap for the sun
- Sports (or Scout/Guide) shoes with white socks

### Personal Accessories

- Learning - Notebook, Pen, Pencil, Geometry box, 3 meter scout rope
- Utensils - Plate, Bowl, Mug / Cup, Water bottle
- Bedding – 1 Thick Bed-sheet, 1 Mattress
- Toiletries - Soap, Towel and Napkin, Tooth brush & Paste
- Safety – Torch, Personal medicine (*If you are on medication, carry them. (Especially for cough, fever, body/head aches, asthma, blood pressure, diabetes, etc.)*)
- Food – Dry snacks adequate for 1 person only, 1 lunch for the first day, Glucose or Citrus mixes like Glucon-C or Electrol, Fruits

### Materials shared in Patrol/Group

- 2 spools of coir rope (about 10-12 meter)
- 1 spool twine cord (about 10 meter)
- 2 Patrol flags (1ft x 1ft on a stick)
- 1 big pot/*kadai* to cook for the whole patrol
- 1 vessel with lid for boiling/washing vegetables
- Knife, chopping board, match box, spatula
- First Aid kit
  - 1 pair of scissors
  - 6 pieces of roller bandage
  - 200gm cotton for bandages
  - 1 roll of sticking plaster (1inch)
  - 1 pack of assorted bandages (like band-aid)
  - 1 tube - Burnol, Soframycin, Moov
  - 1 bottle of Iodex, Vicks
  - 1 small bottle of Dettol / Savlon

### Cooking at Camp

During the camp you will have to prepare your breakfast each morning. Some of the easy-to-make dishes and their ingredients are listed below. The quantity given is for 1 serving for about 10 people.

#### Kanda Poha (puffed rice)

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

#### Upma

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

#### Rice Khichdi

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

#### Noodles

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

#### Aloo-mutter Sabji with Bread

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