



THIS BOOK WILL HELP
YOU EARN THIS BADGE



THE UK'S BIGGEST OUTDOOR STORES™

nights away



ACTIVITY BOOK

for The Scout Association



SCOUTS

RECOMMENDED
OUTDOOR RETAILER

WELCOME

GO Outdoors are very excited to be supporting the **Nights Away Staged Activity Badge** and we have decided to provide a few activities that we feel give you some extra knowledge so you can go and complete your badge.

You can pick up badges for having taken the following numbers of nights away:

**1, 2, 3, 4, 5, 10, 15,
20, 35, 50, 75, 100, 125,
150, 175, 200**

These are for recognised Scout activities, sleeping in tents, bivouacs, hostels, on boats or at other centres. Make sure you have enough knowledge to undertake your night away and that you have all the right clothing and equipment you need.

AN EXTRA

10%^{off*}

THE DISCOUNT CARD PRICE

Show your neckerchief in store or enter **WEB CODE 10GOSCT** online.

*Terms & Conditions On personal purchases only. A GO Outdoors Discount Card is required. Discount Cards are available in store and online for just £5 per year. Not to be used in conjunction with Price Match Plus, SALE, clearance, WOW Deals, multi-buys, bundles, or any other offer. Does not include gift cards. Discount Cards or gas hire charges. Subject to availability. Offer can be withdrawn at any time.

Services for your

SCOUT GROUP

We can help you prepare for a Night Away.

Buying for your Group?

Our Group Sales Team are on hand to negotiate the best prices and service for you.

- Extra discount available to all Scout Groups on clothing and equipment
- Additional discount for larger orders
- Payments can be made by BACs, cash, card or cheque.

CALL US
TODAY....

*to discuss
your
requirements*

- Kit talks in store or at a more convenient venue
- Helpful videos available online
- Free rucksack and boot fitting service
- Great value clothing, equipment and group kit bundles
- Expedition brochure with all the kit you may need. Free copies available to order by contacting us at groupsales@goooutdoors.co.uk or on 0344 387 6767
- **Free delivery on orders over £50**, delivered direct or ready for collection in your nearest store
- **15% off*** the Discount Card price for all Leaders on personal purchases in store. Show your Adult neckerchief in store or use the web code **15SCTLDR** online

Although we refer to 'Groups' in many places in this resource, the content is equally applicable to Explorer Scout Units and Scout Networks.

READ THIS!

TEMP RATINGS

EXTREME:

The absolute lowest outside temperature the average person will survive whilst in the bag.

LIMIT:

The lowest temperature a 'warm sleeper' will be comfortable in the bag.

COMFORT:

The lowest temperature a 'cold sleeper' will be comfortable in the bag. As a general rule, use this rating as your best guide.

sleeping GUIDE

DOWN *vs* SYNTHETIC

Lightweight	Cheaper than down
Easy to compress	Quick-drying
Excels in cold, dry conditions	Insulates when wet
	Non-allergenic

The hood keeps your head warm.

The collar wraps around your shoulders to keep in heat.

Insulation can be down or synthetic.

Foot box means it is shaped to your feet.

Drawstrings synchs in the collar for a better fit.

Lining feels nice against the skin.

Zips can be left or right handed.

Baffles keep the chill out from the gaps in the zip.

get started →

*get some
music ready*

ACTIVITY

cubs 

PLAY MUSICAL SLEEPING BAGS

BEAVERS 

Place all your sleeping bags in a circle minus one bag. Everyone runs round the circle whilst the music is playing. When the music stops everyone has to get into a bag. Only one person per bag! The person left is out.

USE THIS SPACE
TO DESIGN
YOUR OWN
SLEEPING BAG

sleeping mats

FOAM

Lightweight but bulky. Cheap. Ideal for your first trip. More durable than a SIM or air mat.



SELF INFLATING (SIM)

Better at insulating than a foam mat. Better for comfort.



READ THIS!

AIR

Lighter than Foam and SIM. Pack down very small. Ideal for expedition.



STORE ACTIVITY...

Interactive kit talk about sleeping bags and mats. Test for warmth!

CARE FOR YOUR SLEEPING BAG

If you have invested in a good sleeping bag you will want it to last for as long as possible. Here are a few handy tips to help you make the most out of your bag.



After use:

GIVE IT SOME AIR

If you can, air out your bag daily by turning it inside out and letting it dry out.

STORAGE

After a camp, dry out your bag and store it in a large mesh bag. Don't store it compressed.

KEEP IT CLEAN

Spot clean areas of high wear, such as around the collar and in the hood. Clean any marks from the outside with a non-detergent solution. If you need to wash the whole bag, send it off to a professional (www.lancshiresportsrepairs.co.uk) or wash it as per the instructions on the label.

During use:

SLEEP CLEAN

Over time body oils, sweat and dirt can damage your bag. Have a wash before getting in and sleep in clean clothes.

CONSIDER A LINER

A sleeping bag liner acts as a barrier between you and the bag keeping it clean. They can be made out of Silk, Cotton, Wool or a Synthetic fabric and can add a bit of warmth too.

PROTECTION...

Keep your bag in a safe place whilst on the move, in storage or whilst camping to avoid rips or tears. Be careful around the campfire, smoke and sparks can damage your bag. Don't be tempted to walk around in the bag, you might damage the toe-box. It is important to keep your sleeping bag as dry as possible; store it in a waterproof bag or a bin liner.

READ THIS!

types
of fuel



cooking & FOOD

GAS CANISTER		LIQUID FUEL		ALTERNATIVE FUEL	
PROS	CONS	PROS	CONS	PROS	CONS
Easy-to-use Low-maintenance Quick to light Canister self-seals Lightweight	Too small for large pots Difficult to tell how much gas is left Gas is expensive Difficult to dispose of	Burns hot and clean Multi-fuel is more versatile Perform better at altitude and cold temperatures	Priming required Maintenance required Stove is expensive Heavier than a gas stove	Can burn tablet fuel, wood or gel Cheap Compact	Slow to boil water Tablets leave a residue on the pot Tablets have an odour

think about food

TASTE TEST

Eat what you like. Don't pack items that you might struggle to eat.

CALORIES

You need to eat and drink lots whilst you are on the move to keep your energy up and avoid headaches.

NUTRITION

Don't rely on sugary snacks. Make sure you have some carbohydrates and proteins like dried fruit and nuts to release energy slowly.

WEIGHT AND BULK

Stick to lightweight and low-bulk food for long journeys. You can repackage large items into smaller ones like bags of nuts.

EASE OF PREPARATION

Preparing food is fine in an established

camp. For expeditions keep things simple, make sure you keep some wet food pouches just in case your stove breaks.

AVAILABILITY OF WATER

Most campsites will have a water supply. If you are wild camping, think about your water supply and how you are going to treat it.

FUEL

Check the cooking times of the food you are going to take and make sure you have enough fuel. Handy hint, most boil in the bag meals require 7 minutes in boiling water to be fully heated.

COST

Expedition food is expensive, but you are paying for convenience of adding boiling water or re-heating. As an alternative, grab some easy to make food from the supermarket.

MAKE YOUR OWN TRAIL MIX

ACTIVITY

BEAVERS
cubs

Trail mix is great for keeping you energised on your walk. Mix up a bag of trail mix to take with you on your next hike.

NUTS Almonds, pistachios, cashews, peanuts, and walnuts. If you have allergies, try seeds instead.

SEEDS Sprinkle a handful of pumpkin, sunflower, sesame, flax, or hemp seeds in trail mix for an extra boost of nutrients.

DRIED FRUIT Dried apples, cherries, cranberries, goji berries, blueberries, strawberries, apricots, raisins, banana chips, figs, pineapple chunks, mango, and dates.

GRAINS Shredded wheat cereal, pretzels, whole-grain cereals like Cheerios or Shreddies, bran flakes, whole-wheat crackers, granola, toasted oats, puffed rice cereal, and air-popped popcorn can all add a little bit of crunch.

SWEETS Add a sprinkling of M&Ms, chips of various kinds (chocolate, peanut butter, butterscotch), yogurt-covered raisins, chocolate-covered coffee beans, mini marshmallows, or chocolate-covered nuts.

SAVOURY EXTRAS Add in some spices like chilli powder or cinnamon to transform your mix. Keep tastebuds guessing with wasabi peas, coconut flakes, sesame sticks, dried ginger, and coffee beans.

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DRY FOOD POUCHES

Compact and lightweight.

Requires boiling water to be eaten.

High in calories and nutrition.

Lots of meal choices.

Can be eaten from the bag.

Ideal for longer trips



TRY SOME DIFFERENT FOODS. WHAT TYPE IS BEST FOR YOU?

WET FOOD POUCHES

Ideal for emergency food.

Can be eaten cold or heated in boiling water.

High in calories and nutrition.

Lots of choices of meals.

Can be eaten from the bag.



STORE ACTIVITY...

Talk about the different types of stoves and do a boiling test to see which ones boil a litre of water the quickest.

LEADER IDEA...

Do a taste test on some Wet Food Pouches and Dried Food Pouches.

PLAN A MENU FOR A 3 DAY HIKE

ACTIVITY

EXPLORERS network

Think about the food and snacks you would take on an expedition. Make sure you have a variety so you don't get bored.

	DAY 1	DAY 2	DAY 3
BREAKFAST			
LUNCH			
DINNER			
SNACK			
SNACK			

READ THIS!

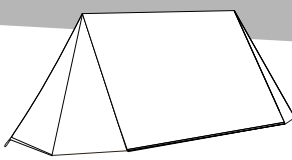
*different types
of tents*

tent GUIDE



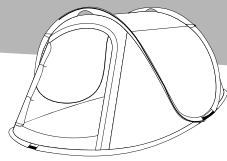
DOME

Weather: Rain, Sun
Activity: Weekend camping
Size: 1-4 man
Strength: **
Weight: Light



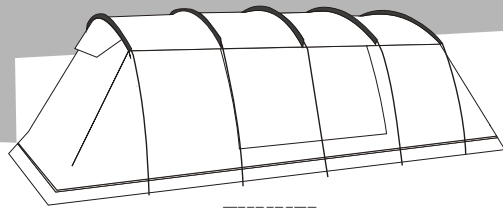
RIDGE

Weather: Rain, Wind, Sun
Activity: Expedition
Size: 1-3 man
Strength: ***
Weight: Light



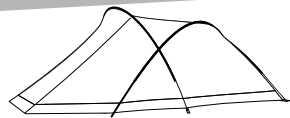
POP-UP

Weather: Sun
Activity: Indoor camping
Size: 1-2 man
Strength: *
Weight: Very Light



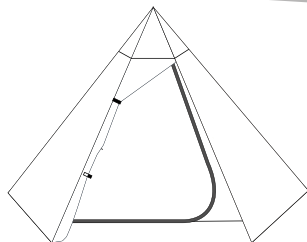
TUNNEL

Weather: Rain, Sun
Activity: Summer camp
Size: 4-10 man Strength: ***
Weight: Very Heavy



SEMI-GEODESIC

Weather: Rain, Wind, Sun
Activity: Expedition
Size: 1-3 man
Strength: ****
Weight: Light



BELL

Weather: Rain, Wind, Sun
Activity: Summer camp
Size: 4-10 man
Strength: ***
Weight: Very Heavy

*get
started*



DESIGN A TENT.
WHAT SPECIAL
FEATURES COULD
YOU ADD?

ACTIVITY

BEAVERS

LEADER IDEA...

Talk about different scenarios you would go camping in and decide together where your tent will be used.

cubs

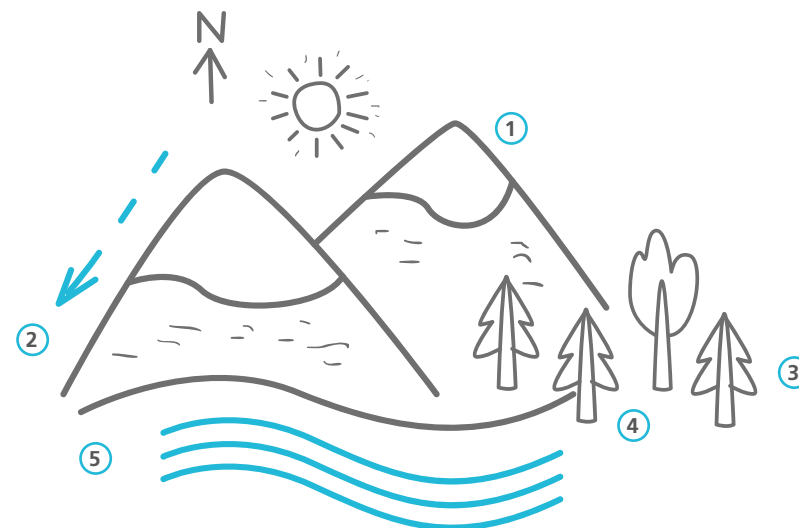
ACTIVITY

STORE ACTIVITY...

Interactive kit talk about tents, talk about the different types of tent and their purposes. Split the group into 2 teams and have a race to see who can put up a tent the quickest.

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where would you put your tent?

1. **TOP OF THE HILL** = Exposed to the elements
2. **BOTTOM OF THE HILL** = Water can run off the hill
3. **NEAR COVER** = Sheltered from the weather
4. **UNDER THE TREE** = Noisy and branches could fall
5. **NEXT TO THE RIVER** = Boggy ground

LEADER IDEA...

Talk about selecting campsites when on an expedition. Include examples in your local area including a visit.

ACTIVITY

EXPLORERS
network

POST CAMP INSPECTION

FIND A DRY PLACE
TO PUT UP YOUR
TENT & START
CHECKING

CHECK POINT	WHAT TO LOOK FOR?	HOW TO FIX
FLOOR OF THE TENT	HOLES OR SPLITS	Use tenacious tape or a patch for large holes or tears. Patch both sides.
INNER TENT	RIPS, TEARS OR MOULD	Sew back up. Clean with water.
FLYSHEET	RIPS, TEARS OR MOULD	Patch with tenacious tape. Clean with water.
SEAMS	SPLITTING	Sew back together and apply a seam sealer.
ZIPS	BROKEN TEETH OR DON'T OPERATE PROPERLY	Broken teeth need a new zip. For sticky zips, rub a candle along the teeth to lubricate them.
GUY LINES	FRAYS OR BREAKS	Can easily be replaced.
PEGS	BENT OR SNAPPED	Bend back by hammering against a hard surface or replace.
POLES	SPLITS OR BREAKS	Fix splits with tape. Broken poles can be fixed by swapping out with a new section.



DON'T FORGET

It is important to re-proof your tent every 6 months or so. General use and UV rays can harm the fabric of the tent; use Nikwax Tent & Gear proof to protect it.



NIGHTS AWAY

KIT LIST:

- ☐ SLEEPING BAG
- ☐ SLEEPING MAT
- ☐ TENT
- ☐ GROUND SHEET
- ☐ WASH KIT
- ☐ TOWEL
- ☐ PLATE, BOWL, MUG
- ☐ KNIFE, FORK, SPOON
- ☐ FOOD
- ☐ STOVE
- ☐ COOKING POT
- ☐ RUCKSACK
- ☐ RUCKSACK LINER
- ☐ TEA TOWEL
- ☐ SMALL PENKNIFE
- ☐ BLANKET
- ☐ TEDDY (optional)