

Scouts' Guide to Summer Adventure

Make this a summer to remember



Photo by Alisha Stewart

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Scouts 

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1. Welcome to the summer (and to you!)

Summer's when the great outdoors really comes into its own, with long days and warm nights. It's also when Scouts head off for camps, expeditions and jamborees. It's often when our best memories are made, with the smell of campfires and fresh grass (and perhaps smelly socks and damp canvas too!)

We've so many ideas and activities to make this your wildest year yet. From nature walks and watersports to wide games and campfire cooking, there's so much to enjoy. Take a look at our ideas for #OutdoorIn24, which is hoping to get even more Scouts outside.

While summer brings more adventure, we need to stay safe too. That means planning carefully for every adventure, and not forgetting the power of the sun, even here in the UK. Always restock your first aid kit, pack your sunscreen, and wear a hat and long sleeves to make sure the sun doesn't spoil your fun.



Please remember that safety is always your first priority when attempting any activity in this guide. See here for more: [Stay safe | Scouts](#)

2. Camping in the sun

If you're setting out on a summer camping trip, then you need to be prepared with plenty of water, hats and long sleeved clothing to protect yourself against the dangers of the sun.

Packing your rucksack

There's an art to packing your rucksack. Do it the right way and it'll make life a lot easier on your summer adventure:

- Put the items you need easy access to at the top of the rucksack.
- Spread the weight so it's easy and comfortable to carry.
- Make sure easily damaged items are stowed carefully in the pockets.
- Keep clothes in a waterproof liner bag to keep them dry.
- Carry mats can be carried beneath the rucksack in a plastic bag, or be secured to the top.
- Place your light bulky items near the bottom and heavier items at the top. This'll make your rucksack easier to carry.
- Check you have everything on the kit list.

Keeping your tent cool

Where possible, try and pitch your tent in a shade, so you're not woken up too early by hot, bright sunlight in the morning. Check the direction of the prevailing wind and pitch your tent in the same direction so the wind flows through, providing cooling ventilation. During the day, open up the tent as much as possible. Take on plenty of water throughout the day. Consider staying out of the sun during the hottest part of the day, between 11am and 3pm.

Sunburn

Never underestimate the power of the sun, even if you're exposed for just a short time. If someone is sunburned, move them out of the sunlight and cover skin with light clothing. Ask them to take sips of cold water. Cool the skin with cold water for 10 minutes. Apply calamine or after sun lotion. If they have blisters, they should be seen by a medical professional. Look out for signs of heat exhaustion.

Heat exhaustion and heatstroke

If hiking or camping in very hot weather, heat exhaustion can occur if you're not careful to drink plenty of fluids, wear a sun hat and sun cream, and you generally over do it in the heat. If somebody has a headache, is feeling sick or dizzy, is clammy and sweating, or has cramps, they need to stop and cool down.

Heat exhaustion can lead to heatstroke if it's not spotted, which is a serious condition where the body can no longer cool down. If someone seems confused and restless, with their responses then deteriorating, move the patient to a shady, cool place.

1. Remove outer layers of clothing if possible.
2. Call an ambulance.
3. Drape the casualty in a wet sheet, or wet towels. Sponge them with cool water. Use cool packs on the neck and arm pits.
4. Once their temperature has returned to a safe level, cover them in dry sheet or towels.
5. Keep a close eye on the patient, repeating the cooling process if necessary.
6. If they become unconscious, you may need to put them in recovery position.

3. Fire lighting

Everyone heading into the great outdoors needs to know how to build a good fire. The size and type of fire you build depends on what you want to use it for: warmth, cooking, or light.

A fire needs three things: heat, oxygen and fuel. To start building your fire, gather sticks of different thickness and start with the smallest. You can light a fire with matches, or, if you're feeling more adventurous, you can use a flint and steel. A flint and steel creates sparks, so have some cotton wool ready to catch these. You can then use the lit cotton wool to start your fire with dry wood shavings or pieces of tinder and kindling, which are small and very dry twigs.

Whatever you build, you must do it safely and consider the impact you have on the land. Don't dig a hole in the ground unless you have permission from the landowner.



Here are some types of fires for you to try:

Teepee fire

As the name suggests, this takes the form of a teepee shape and is the classic campfire. To make it, find a large stick and embed in the ground. Surround the large stick with a couple of handful of small kindling. Next, lean a series of smaller sticks against the stick all the way around. Repeat, with larger sticks to create another layer, making sure you leave enough space for air to circulate between them. Light the fire in the centre then blow as necessary until it catches.

Altar fire

An altar fire is off the ground, so it's an excellent fire to use when the ground mustn't be scorched, dug or otherwise disturbed. There are many variations on this, but one of the simplest is to make a double layered platform using similar sized logs placed at right angles, lashed together. Now create a top level made of smaller sticks. Cover with soil to prevent the altar itself catching fire. Now make your fire on top.

Star fire

A star fire is a way of making a fire using kindling and small sticks. It's a great fire for low supplies of wood. Unlike the other methods, which burn entire logs all at once, the star method works by burning the ends of a few logs bit by bit. Place three logs in a star shape and light a small fire in the middle. As the logs burn, carefully push them towards the centre. Place a circle of non-porous stones around the fire to prevent it travelling.

Crane fire

Find two big, wide sticks of a similar size that each have a fork (V-shape) at the same level. Plant the two sticks into the ground, either side of the firepit, making sure they're secure and sturdy. Next, find a longer stick and rest it on these forks. Using a steel hook, you can now suspend a pot from the horizontal stick so the pot hangs above your fire.

4. Outdoor cooking

Once you've got your fire going, it's time to test your outdoor cooking skills. Here are some simple recipes that can be rustled up on an open fire. Just pack plenty of tin foil!

Knife safety

Outdoor cooking requires a sharp knife. Knives should be stored and carried carefully (in the middle of a rucksack) and only taken out when you're ready to use them. If you're sitting, make sure the ground, chair or log is stable and level. Always cut away from your body.

Different countries have different laws for carrying and storing knives. Legally, you must have a good reason to be in possession of a knife in a public place. In the UK, the legal length for a folding blade that doesn't lock is 7.62cm (three inches). Always check first and remember ignorance of the law is not an excuse.

Take a look at our guidance on knife safety on scouts.org.uk.

Spud eggs

Cut the top off a potato, hollow it out, crack an egg into it, replace the lid and wrap in two layers of foil. Put in hot embers for 40 minutes.

Campfire casserole

Wrap sausages (or finely chopped beef/chicken, or no meat at all), chopped onion and any other vegetables you choose in one layer of foil and put into embers for around 30 minutes.

Baked fish

Clean and gut your fish thoroughly beforehand. Wrap your fish in newspapers, wet thoroughly and place on the embers. Turn the fish several times at intervals of about 3–4 minutes until the newspaper is dried. In about 15 minutes, it's done.

Kebabs

Peel the bark from a long 'green' (living) stick (not laurel or yew, as these are poisonous) and push a mixture of chopped sausages, onion, mushroom, peppers and tomato onto it. Cook over hot embers until the sausage is browned.

Twists or dampers

Mix self raising flour, water, milk and an egg (or just plain flour, water and vegetable oil), to make a thick dough. Roll into a 'snake' and wrap it around a green stick (see above). Toast over embers until lightly browned and serve with butter and jam.

Chocolate banana

Slice an unpeeled banana in half lengthways and push chocolate buttons inside. Close it up, wrap in two layers of foil and cook in hot embers for up to 15 minutes.



Baked apple

Cut out the core of an apple, place the apple on foil and fill the hole with raisins, sultanas, sugar and/or, chocolate. Wrap in two layers of foil and cook in hot embers for 20 minutes or so. Eat with care as the sugar gets very hot!

Campfire sausage rolls

Cook sausages in the normal way on a stick or in a pan. Mix flour and water with a pinch of salt to make a dough (twists). Wrap the dough around the sausage put on a stick and turn slowly over a camp fire until light brown. Hey presto – sausage roll.



5. Summer weather

Believe it or not, but you can get a good indication of the weather just by taking a deep breath. If the air is very pungent, for example with compost-like odours as plants release their waste, then wet weather is on the way. When the air contains more moisture, scents are stronger.

Watch what animals do

Most people know that cows lie down before a thunderstorm. They also tend to huddle together before bad weather. You'll also notice fewer seagulls in the sky at the coast if a storm is on the way. Almost all animals become subdued before rain. Rows of birds on telegraph wires usually indicate low pressure, and therefore fair weather.

Look down

If you see dew on the grass in the morning, it's an indicator of fair weather. This means there's no or little breeze to bring rainclouds your way. If it's dry, this means it's been dried by a breeze, which can often bring inclement weather. Forget all of the above if it rained during the night!

Look at a pine cone

Why not use this favourite to predict the weather? If there's moisture in the air, the scales on the pine cone will close – this means rain is on the way. If it's dry, the scales will dry up and open.

Cloudspotting

Cloudspotting has become recognised as an art in its own right. It's easier than you think and allows you to predict weather conditions with surprising accuracy.

Stratus

These stretch over a wide area and can often cover the sky for as far as the eye can see. Stratus are low lying clouds (fog is actually stratus cloud) and don't often result in much rain.

Cirrus

These fine, feather-like clouds aren't likely to produce rain. They can indicate a change in weather conditions.

Nimbus

You don't need to be a weatherman to know these clouds spell rain. They're the classic gathering storm clouds.

Cumulous

When you see a cloud in a child's picture book, it's more than likely to be a cumulous. They're the classic fluffy cloud and indicate fair weather if white, and rain if dark.

Alto cumulous

Patchy cloud at medium height meaning low chance of rain.

Cumulonimbus

An oversized cumulous cloud, which can indicate storms, rain and hail.

Altrostratus

This cloud acts like a screen over the sun and usually indicates a deterioration in the weather

Stratocumulus

Low, lumpy cloud, which indicates light rain.

Nimbostratus

Sheets of dark grey cloud, which indicates heavy rain.

Cirrocumulus

This is what is sometimes referred to as 'mackerel sky' and is most often seen on cold winter days. Little chance of rain.

Weather proverbs

For centuries, people have looked to the skies for indications of the weather to come. Here are some of the most popular saying for predicting the weather.

- Rain before seven, fine before eleven.
- When sea-gulls fly to land, a storm is at hand.
- When smoke descends, good weather ends.
- Dew on the grass, rain won't come to pass.
- Red sky at night, shepherd's delight.
- Red sky in the morning, shepherd's take warning.
- When stars shine clear and bright, we'll have a very cold night.
- Clear moon, frost soon.
- Halo around the sun or moon, rain or snow coming soon.

What to do in a thunderstorm

Remember, thunderstorms can strike unexpectedly. Between 30 and 60 people are struck by lightning in the UK each year. The first signs of a storm are usually quite obvious; a rumble of thunder for example. But just because the sound is quite distant should be no reassurance – a lightning strike can reach up to a 10-mile radius. In addition, time the delay between the thunder and lightning. A gap of less than 30 seconds spells danger.

If you're on water, get to shore as quickly as you can as water is a good conductor of electricity. If you're outdoors, seek shelter immediately – ideally in a house or other permanent structure, but otherwise in a car. A shed or tent is not safe enough and **never shelter beneath a tree**. If there's no shelter at all, find a low place and assume the crash position, with your head between your legs, crouching down and balancing on your heels to avoid too much contact with the earth.

In a thunderstorm, never:

- Use an umbrella
- Use a mobile phone
- Hold a golf club
- Shelter beneath a tree
- Leave your shelter too early – there's still a danger up to half an hour after the thunderstorm is over, and yes, lightning can strike the same place, or the same person, twice.

6. Wildlife watching

We share our countryside with lots of animals. Take some time to get to know these woodland creatures.

Stoat

Stoats are surprisingly large, fierce creatures and they're known for stealing. They'll swipe anything from mice and rabbits to game, as well as eggs. While usually quiet, which assists their stealthy behaviour, they make a trilling sound before mating, hiss when anxious, and are even known to bark when aggressive. Not to be confused with the smaller weasel (although confusingly, the female stoat is smaller than the male stoat).

Wood Mouse

Wood mice are found mostly at night in fields, forests and grasslands. They feed mostly on tree seeds which are taken back to their burrows and nests rather than eaten on the spot. Fruit berries and even small snails also form part of their diet. They breed between February and October. If you have any trouble telling the difference between a wood mouse and a house mouse – a wood mouse often has larger ears and eyes.

Muntjac deer

Found mostly in southern England, the Midlands and South Wales, the Muntjac deer is small, russet brown variety of deer. Introduced from China a century ago, they have spread from private ownership at Woburn Park into the wild. They feed mainly on small shrubs and plants such as brambles, heather and small shoots. Listen out for their distinctive bark – they can be seen mostly at dusk or dawn.

Squirrels

The now rare red squirrel was a native to Britain for thousands of years. While they didn't directly fall victim to the grey squirrel (contrary to popular belief) when they were introduced from North America in the late 19th century, the grey has proved more adaptable and versatile of the two. Carrying more body fat, which helps them survive harsher winters, the grey squirrel is also quite content to forage on the ground. The more secretive red squirrels prefer the safety of high conifer branches.

Life has not been easy for the red squirrel in recent times. Losing numbers during an outbreak of the parapox virus in the 1920s, they were also actively hunted for their pelts. The red squirrels can still be seen in significant numbers, mingling with peacocks on Brownsea Island, Poole Dorset – the birthplace of Scouts. They produce two litters each year – in spring and summer.

Red deer

This beautiful animal is also the UK's largest land mammal. While famously associated with the Scottish highlands, they can also be seen in the Lake District, East Anglia and south west England. Feeding on grass and tree roots, stags can grow up to 190kg, while hinds grow up to 120kg. While browner in colour despite their name, their coats are more reddish in summer and greyer in winter.

Badgers

Badgers (named from the French 'Becheur,' meaning digger) are among the UK's most iconic animals; immediately recognisable from their black and white markings and small heads. They're nocturnal by nature and they're more at home underground than overground. While they were once more populous, there're now 300,000 badgers in the UK, two thirds of which are in England. They make their homes in setts (networks of tunnels and chambers) in groups of five or so on sloping sandy, easy to dig soil, often near fields with good drainage. Badgers are omnivores, eating both animals and plants and their diet varies depending on available food, with earthworms as their principle foodstuff, supplemented with fruit and berries, insects, frogs and even bird.

7. Wildlife photography

Summer's a great time to get into nature and practice your photography skills, whether it's with a camera, phone or other device. When it comes to photography, timing and patience is everything.

Top tips for wildlife photography

1. **Get up early.** You often see the best wildlife at dawn.
2. **Choose a good camera and know how to use it.** This could be a camera on a smartphone. If you enjoy photography, you may wish to try a digital camera and use different lenses, such as telephoto lenses for long range work or macro lenses for close up work.
3. **Stay still and quiet.** Find a safe, comfortable place to take photos from, and try to stay as quiet and still as possible. You'll also need lots of patience.
4. **Keep the camera steady.** Try resting your camera on a stable surface, or you could use a tripod if you've access to one.
5. **Practice.** You can practice anywhere, such as in the park, in a backyard or in a garden. You could experiment with different settings or angles.
6. **Know about wildlife.** You should learn about the animals or wildlife you want to take photos of, so you'll know where and when to find them.
7. **Aim for active shots.** You could try to photograph animals in action, such as wildlife interacting, feeding or in flight makes for a more dramatic shot.

8. Shelter building

Before heading out into the cold, learn how to build a shelter in an emergency. Here's how to make an A-frame shelter, which is one of the best and easiest to make.

Prepare the ground

Before you begin work on your A-Frame, check the site is suitable. For example, don't build it near an animal trail or ants nest. Check there aren't any dead branches above you. Think about where the sun rises and sets and the direction of the prevailing wind. You can use the terrain and surrounding flora to help minimise the latter. Avoid lower ground between two high points as cold air can collect in such places and rain runoff may be a problem too.

- To start the frame, you'll need a straight and sturdy ridgepole and two forked supports. Make sure the supports are locked together and the ridgepole is also secured through the middle. You should be able to rest your weight on the entrance end of the ridgepole at this point. You can use a sharpened digging stick to create small depressions in the ground for the supports.
- Next, clear any debris inside the frame and check for any sharp stones.
- Before going any further, lie inside the frame to check you can fit inside without your head sticking out and your feet touching the ridgepole.
- Now start to build the sides by using more sticks which you should rest on the ridgepole. Aim to get fairly straight sticks, avoid rotten ones and trim them to size so that they don't exceed the ridgepole excessively. This'll help to funnel rain. If you find that some sticks won't stay in, weave very thin branches or plants such as nettles between them for support but again, don't have them sticking out.
- Once the frame is finished, the thatching can start. To make the available leaf litter go further, consider 'tiling' the frame with something like bracken if available (never pull bracken as you'll find the stems can give you a nasty paper-like cut), Birch bark or further woven twigs.
- Finally, add lots of leaf litter, starting at the base of the frame and working upwards towards the apex. Using a coat or old tarp will speed up collection, and keep checking in the entrance for chinks of daylight. If there's no chance of wind and rain a minimal covering will make a surprisingly cosy shelter. If it's going to be wet then look to put on in excess of a foot of leaf litter all over. Try not to scoop up soil and small debris as it can fall on you in the night.



9. Hiking and navigation

Getting off the beaten track and hiking is one of the most inspiring ways to see the countryside. There's no better feeling than pulling off your boots at the end of a long walk with a good mate. But like anything else, it pays to be prepared.

Safety first

Before setting off anywhere, let someone know where you're heading and when you expect to return. Check your phone is fully charged and that you have a compass and map with you.

Now, make sure you're wearing a good pair of boots (preferably waterproof) or comfortable shoes. Take time to plan your route and think carefully about how long it'll take you to walk it. If there're hills, it'll take longer! If you're heading into unfamiliar territory or terrain, training in how to use a map and compass and hiking skills is essential. Remember your phone can lose signal and charge, leaving you stranded.



The five Ds of Navigation

In Scouts, we'll help you learn how to use a map and compass, as well as the five D's of navigation – Distance, Duration, Direction, Description and Destination:

- Distance – (how far)
- Duration – (how long)
- Direction – (which way)
- Description – (what does it look like and what we I see?)
- Destination – (what will I see at the end?)

Distance

This is the total length of your walk from start to finish (your destination). This can be measured in advance using the map, following the scale (which'll be marked on the map):

- 1:50 000 scale map – 1mm = 50 metres in real life
- 1:25 000 scale map – 1mm = 25 metres in real life.

Duration

Once you know how far you'll be travelling, you can start to estimate how long it'll take you.

This'll depend on:

- how quickly you walk
- the kind of terrain you'll be travelling over (remember, hills take longer!)
- how tired you are
- what sort of load you're carrying

This is a rough guide for walking speed and time taken:

- Slow walking is 12 minutes per kilometre
- Medium pace: 9 minutes per kilometre

Direction

When it comes to navigation, this is the most important 'D' of all. To do this, you'll need a map, and a compass – a simple device that can take quite a lot of time to master.

First, you need to set your map, lining up north on the map with the north direction on the ground. You can do this by finding landmarks in front of you, then locating them on the map. This means your map is now 'set' for your direction of travel. You can also do this by take a bearing on your compass.

Description

Good navigators are very observant, so it's important to look around to make sure what you see in 'real life' matches what's on your map. This can help you to visualise what your route will look like in advance. Look out for anything that can be used as 'checkpoints' or things to help guide you. For example, you may know from the map that you should always keep a specific river on your left before you set off.

Destination

Finally, make sure you know what your end point will look like. Is it a car park, a village, or landmark? Try and find a photo so you don't overshoot. Try and make it an obvious feature, such as a tower or hill, which means it will be easier to spot and harder to miss.

This is just an introduction to navigation. It can take a lifetime to learn. Find out more using [this factsheet](#).

Navigation using the stars, sun and moon

In an emergency, you can also find your way in dark using the stars, at least when the sky is clear. The North Star is directly above the North Pole, so if we can find it, it'll show us the way north, because 'north' means 'towards the North Pole'.

Finding the North Star

Look for a group of seven stars known as the Plough or Big Dipper, although they actually look a bit more like a saucepan to many people. This saucepan shape never changes, although it does rotate anti-clockwise around the North Star in the sky, so it'll sometimes appear on its side or even upside down.

Now find the two stars known as the 'pointers'. If you think of the shape as a saucepan on the cooker, then these would be the two stars at the far right. Imagine a line from the bottom of these two stars through the top one, then continue five times that distance and you'll find the North Star. You're now looking north.

The Sun

The easiest star to find is the one we see during the day – the sun. It rises in the eastern part of the sky and sets in the western part, although the exact points vary over the year. It rises and sets north of east and west in the summer and south of east and west in the winter. In the middle of the day, when the sun is highest in the sky, it'll be due south from the UK (all of Europe and North America).

10. Geocaching

Geocaching began when someone wondered what would happen if they hid a container of trinkets and a log book out in the wilderness and posted the coordinates on the internet. Would people go and look for it? They did, and it's now grown into an activity enjoyed across the world. Participants seek out hidden containers (caches) using published coordinates. When found, they record the find in the log kept in the container and on the website that listed the location.

You can find out more on www.geocaching.com. There are other websites that help to provide essential information and rules specific to the UK too.

It's important to remember that this activity is based on locating a hidden container, while making sure non-geocachers don't find the cache.

Follow the code of conduct

A geocache may be of any size from very small (micro-caches), so they only hold a paper log, to large containers, which are several litres in capacity. More recently, there's been a new cache category called the Nano cache. This is a specialist container, which is just large enough to hold only a long thin strip of paper, it's often magnetised and secured behind objects, such as road signs. It's important to always weatherproof the caches too.

Geocaching – Glossary of terms

- **Bearing** – The direction to the selected Waypoint.
- **CITO** – Cache In Trash Out. A principle that should be followed by all cachers which can result in specific CITO Events. All cachers should try to do their bit to keep the countryside clean by collecting litter, but a CITO Event is organised with that specific goal. A community clean-up usually followed by a social gathering of geocachers with a cache hunt or two.
- **Geocache** – Often called simply a 'Cache', the actual container placed at the waypoint. From 'Geo' for Earth and 'Cache' being a store of goods or supplies, often left by explorers.
- **Geocaching** – A recreational activity that entails seeking a container hidden at specific coordinates. Finding it, recording your details on the log within and then concealing it for the next person.
- **Geocoin** – These have tracking numbers allowing them to be moved and tracked in a similar manner to Travel Bugs.
- **GPSr/GPS** – A Global Positioning System receiver, more regularly referred to as a GPS, even though in reality the satellites and the receiver make up the system.
- **Heading** – The direction you're travelling in.
- **Latitude** – The North/South component of determining a location on the Earth.
- **Longitude** – The East/West component of determining a location on the Earth.
- **Multi-Cache** – A type of Cache that needs several waypoints to complete. The first waypoint may contain a small cache containing the coordinates of the next stage. Or several waypoints might each contain components of the coordinates for the final waypoint.
- **Route** – A path between two or more waypoints.
- **Trackback** – The ability to reverse a route on a GPS to enable the user to return to their starting point.
- **Track Log** – The ability of the GPS to automatically record track points; an electronic 'breadcrumb trail'.
- **Travel Bug** – An item with an Identity Tag attached, which can be tracked on the internet by a unique tracking number as it's moved from Cache to Cache by Geocachers.
- **Waypoint** – A specific point defined by coordinates, which may be programmed into a GPS in advance or marked along a route while at the location, for example to return to the same point later.

11. Volunteering and fundraising

Helping other people is part of the Scout Promise. It also makes you feel great. And you'll feel even better if you're doing it outdoors. There're so many charities and organisations looking for willing volunteers. Or why not plan a sponsored winter adventure to raise funds for a charity close to your heart? Here are some top tips on how to be a great volunteer.

Find a cause you're passionate about

Whether that's being a Young Leader in Scouts helping younger children get opportunities to get outdoors, or supporting a charity that's tackling an issue that affects you or a family member, you'll give more if you're fired up about it.

Be safe

If you're a young person, take a parent or carer with you. Check in advance that the organisation has all relevant safety and safeguarding procedures in place. In Scouts, everyone must follow the [Yellow Card – our safeguarding code of conduct for volunteers](#).

Be reliable

Although you're not being paid, people will still be relying on you. Keep your promises, turn up on time and do your best. If you do that, you'll end up with more interesting opportunities.

Be hands on

Remember there're all sorts of things that need doing and not all of them are glamorous. So don't turn your nose up to opportunities. If you do some of the mundane things, more challenging things are bound to turn up. Be prepared to muck in.

Keep an open mind

Welcome new experiences and different ways of looking at the world. They'll help you develop as a person as well as a volunteer. There's nothing more interesting than finding out how others live their lives.

Put yourself in other people's shoes

Empathy is one of the greatest qualities a volunteer can have – the ability to understand what someone else is feeling. It makes you understand why people do things. This'll also help you help them.

Listen

This is one of the greatest skills a volunteer can have. Let's not give people the support we think they need. Let's ask them, and then give them the support they really need. There 're lots of ways to be a great listener. The most important is not to speak until the other person has finished.



Learn from others

You're bound to meet volunteers who've been helping longer than you. Ask them questions. Find out what they like doing best and try to get to know them as a person. They're sure to have some really useful tips that'll make your volunteering life easier (even it's just how to find the coffee machine!)

Be respectful

One of the great things about volunteering is that you meet and work with people who are different to you. They might come from a completely different background and culture. If you're not sure how to act, or if you're afraid of offending someone, then ask the person to help you.

Be a team player

Remember you're not on your own. As a volunteer, you'll be part of a team and you should have someone there to guide and help you along the way. Don't be afraid to ask for help. That can be bravest thing to do of all.

Be kind

You'll meet all sorts of people as a volunteer. You might not like or get on with all of them. But they could be going through all sorts of things you don't know about. So whatever you do, do the kindest thing.

12. Getting to your summer adventure safely

Remember, it's not just planning the fun parts of your summer adventure. You need to think how you're going to get there too.

Setting out on a summer outing can be a journey in more ways than one. The hot and humid weather and dazzling sunlight can make for difficult driving conditions.

With a bit of preparation, though, plus some handy tips from Dacia, travelling to your destination can be a hassle-free experience. This'll mean that your summer adventure starts in the best way possible and is memorable for all the right reasons.

Better still, doing a few little things can go a long way to make sure you arrive safe and sound, whatever summer may throw at you and your family's car. For fuss-free driving adventures during the warmer months, here's what Dacia recommends.



Check your fluids

Higher outside temperatures and congestion (like the stationary traffic that quickly builds on busy motorways during holiday season) can expose any weaknesses in your car's cooling system, so make sure the coolant is at the right level and the correct mixture.

Screen wash also needs to be topped up to clear all the bugs that commonly cover a windscreen during summer! Also, don't forget to check the oil – if it's low, it can cause the engine to run hotter and cause premature wear.

Inspect your tyres

Summer holidays and road trips often mean carrying extra weight, and the recommended tyre pressures for your vehicle can vary depending on how loaded your car is. Check the owner's manual to make sure your tyres are correctly inflated.

Extra weight can also place increased strain on tyres, so check for any perishing and damage that could compromise safety. Don't forget to inspect the tread depth – the legal limit is 1.6 mm, but many recommend changing a tyre when the tread is at 3 mm.

Look at your wipers and lights

Heavy periods of sun can dry out your rubber windscreen wipers, so check them for any splits and make sure they're clearing the windscreen effectively. Smearing and noise from the rubber can mean they need replacing. Likewise, make sure all the lights are functioning correctly and that the lenses are clean.

Is the air con working correctly?

Air conditioning is a huge benefit in summer, so check it's working properly. If it's blowing hot air, then chances are it needs a re-gas. To keep the air clean and healthy, inspect the cabin filter and change it if you need to. Bad smells from the air conditioning can be worse than just unpleasant, as musty odours are often a sign of potentially harmful bacteria in the system. A bacterial clean should rectify this.

Be prepared for break downs

It might be warm when you set off, but if you break down at night, it can get cold quickly. At the very least, make sure you keep a coat, torch, road safety triangle and a high visibility vest in the car. You may also want to keep a full-charged portable phone charger and charging lead, blanket, snacks, sun cream, umbrella and jump leads. It's good to have a paper copy of emergency numbers too.

Keep hydrated and take a break

During the hotter months it's even more important to have water and refreshments on board. Again, being stranded is bad enough, but it's doubly worse if you're hungry and thirsty! Be sure to carry a good supply of food, water and a flask of hot tea or coffee with you. Warmer temperatures can make you more tired as well, so make sure you're taking breaks on longer journeys.

Wear your shades

Bright sunshine in the summer can dazzle drivers, making it very hard to see the road.

Keep your phone charged

Most people have a mobile phone with them, but always remember the charger! If you need to call for assistance, you don't want to realise your battery is flat or low on charge.



13. Keeping the adventure going

Scouts is the UK's biggest youth movement. We welcome all young people aged 4–24. We'll help you get started on some great outdoor adventures, step up and dream big. Along the way, you'll gain skills that'll stay with you for life. We have over 7,000 Groups across the UK in almost every community. Adult volunteers (including parents and carers) are very welcome too and have just as much fun. Come and join the adventure.

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