

# JAMBOREE SCHOOL

**Advice, Information, Tips & Tricks to prepare your group to attend a Jamboree either locally, nationally or internationally.**

# ABOUT CRYSTAL

- In scouting & guiding for 25ish years as a youth and volunteer, some scouting roles :Youth District Rep, Scouter in all sections, Group Commissioner, Council Voting Rep, Property Committee, Special Event Organizer,
- Professionally currently in sales and marketing, background in Tourism & Travel, Event Management, Small Business Owner/Manager in Animal Grooming & Welfare
- WJ'98/99 in Chile as a youth participant, only youth from Northern Ontario, only 1 of 13 girls from Canada
- CJ'01, in PEI, Rover, Offer of Service in the Mud Maze
- CCJ'16, in Guelph, Scouter, took a group of 8 youth (and 2 other scouters)
- CJ'17, in Nova Scotia, Scouter, took a group of 6 youth (and 2 other scouters and travelled with our scouting friends from South Porcupine)
- July 2018 Moosonee/Moose Factory, took a group of 27, cubs, scouts, vents and scouters for 4 days
- PJ'19 in Sooke, BC, took a group of 6 youth (and another scouter)
- FinJam (and Iceland) July 2022, Scouter/IST/Group Lead for Cochrane & South Porcupine and friends, group of 23 youth and scouters

## ABOUT KEVIN

- WJ IN KOREA.
- 4 CJ'S.
- SWEDISH NATIONAL JAMBOREE.
- MULTIPLE TRIPS TO THE SPECIAL OLYMPICS IN OHIO.
- WORLD SPECIAL OLYMPIC SUMMER GAMES IN NORTH CAROLINA.

# ABOUT JAMES

- Been in scouting for years as a youth, Scouter Cubs, Scouts, Sea Scouts & Venturers, District Commissioner, Assistant Provincial Commissioner
- Troop Scouter to the 16th World Jamboree in Australia
- Volunteer Service Scouter at the 15th WJ in Kananaskis (transportation)
- 17th World Jamboree in the Netherlands (sailing program and translator)
- 19th World Jamboree in Chile (assistant sub-camp director)
- Jam des Neiges 1999-2000 (assistant sub-camp director)
- was part of the leadership team that in 1990 took Scouts and Ventures from Quebec and our military base in Germany for a CIDA funded development project working with the Scouts Association of Kenya to build a health clinic in western Kenya. I returned to Africa leading a Quebec group of the same aged youth in 1994 this time working with the Scout Association of Ghana to construct a school and tree farm. At the national level I took a district troop to 6<sup>th</sup> C] in Guelph; served as program director for the Quebec sub-camp at 7<sup>th</sup> C] in PEI; on the volunteer staff for the 8<sup>th</sup> C] in Kananaskis and 9<sup>th</sup> C] Thunder Bay.

# EXPECTATIONS

Setting Youth & Scouter  
Expectations



What are the required  
skills needed?

Planning / Practising  
gaining the skills  
needed.



- Review code of conduct
- make a Travelling Code of Conduct
- review expectations with the youth and parents
- consequences for not following the code of conducts could result in youth having to leave the event and be sent home on the parents dime
- review skills needed to participate in the adventure
- have attendance requirements like must attend 75-80% of the meetings/activities to be eligible to attend the “big adventure” this ensures youth are gaining the skills to be successful on the big adventure

-practice and prepare leading up to the big adventure, even if there are youth not attending this adventure the skills you work on will be useful for local camps or future big adventures

-learn by doing

-skills could be but not limited to: setting up tents, packing personal gear, hiking/lots of walking, teamwork/communicating, time management

-know your youth and be realistic, if they don't have the skills don't bring them

- some youth may require 1:1, that's okay, with your scouters, the youth and the youth's parents make a plan so everyone is on the same page
- youth should know your name (not just scouter Raksha) and the group they are with
- ask your youth and scouters if they travelled before, do they have likes or dislikes about travelling, motion sickness, issues with crowds

**BE PREPARED**





**Life @ Camp**

# GENERAL DAILY SCHEDULE

**Every camp is different but usually will follow a similar schedule**

<b>6am -10 am</b>	<b>Breakfast &amp; Clean Up</b>
<b>10am -12pm</b>	<b>Morning Activities</b>
<b>12pm- 2pm</b>	<b>Lunch &amp; Clean Up</b>
<b>2pm -4pm</b>	<b>Afternoon Activities</b>
<b>4pm -7pm</b>	<b>Supper &amp; Clean UP</b>
<b>7pm- 10pm</b>	<b>Evening Activities</b>

- practise time management for cooking and clean up
- make simple, yet nutritious meals
- be mindful that eating foods youth (and scouters) are not used to could cause anxiety
- FOMO, Fear of Missing Out, you don't HAVE to do ALL the activities, focus on the personal relationships, getting to know new friends rather than the activities
- it's ok to take a rest day and recharge
- something will likely go wrong, don't panic, the CMT team is there to help navigate through the issue
- Crystal & Kevin will check in with groups on a daily basis, likely during breakfast or dinner
- Chris will check in with those with elevated health risks

# TYPES OF ACTIVITIES: VARIES, BUT HERE ARE GENERAL IDEAS

- camp betterment project
- water activities, canoeing, kayaking, paddle boarding, sailing
- arts, crafts, stem
- high ropes, climbing
- trail & scout craft skills, geocaching

## Evening Programs:

- badge trading (will have an online session in the new year)
- dances/music concerts
- group games and activities
- social events
- Send youth out to explore on their own, use buddy system and a check in time
- Scouters Only Areas or Events (take a break from the youth and enjoy!)

# LAUNDRY @ CAMP

When you go to shower take a dry-bag/compression bag with dirty laundry.

For laundry soap TruEarth makes laundry strips, great for packing, rip into smaller pieces usually only need  $\frac{1}{8}$  to  $\frac{1}{4}$  of a strip.

Fill bag with water.

Agitate/shake to wash clothes.

Rinse clothes, may need multiple rinses.

Wring out, take back to campsite hang to dry.

Practise before you go!!



# STAYING HEALTHY AT CAMP... (MORE DETAILED INFO COMING UP)

- KNOW YOUR LIMITATIONS
- KNOW THE LIMITATIONS OF YOUR YOUTH
- CHALLENGING YOUTH, TAKING TURNS AS THE PRIMARY SCOUTER
- FOOT CARE (BREAK IN SHOES BEFORE HAND), BLISTERS
- WATER BREAKS/CHECKS
- CHAFING
- EATING (BE AWARE OF POTENTIAL ALLERGEN EXPOSURES)
- USING THE WASHROOMS
- SLEEPING, BEING WELL RESTED
- MENTAL HEALTH CHECK INS, HOME SICKNESS, COMMUNICATION BREAKDOWNS (USUALLY DAY 4-5)
- TENSIONS BETWEEN SCOUTERS, THE YOUTH WILL PICK UP ON IT AND THINGS COULD GO SOUTH QUICKLY, HAVE ADULT CONVERSTATIONS AWAY FROM YOUTH, COMPROMISE, PICK YOUR BATTLES, GO WITH THE FLOW

# JAMBOREE SCHOOL

**How to prepare group medical needs for such a large event?**

**– Presented by Chris Bolestridge, RN**

# ABOUT CHRIS

- Has been in scouting for over 30 years as a youth, leader, medvent advisor, and group commissioner.
- Registered Nurse for 20 years, licenced in Ontario
  - Background in Pediatrics, Critical Care, Home Care, Mental Health, Surgery, Medicine, Geriatrics, and Cardiology.
- Has participated in the following National and International Events:
  - CJ'93 - Participant
  - Philmont Scout Reserve, New Mexico - Participant
  - CJ'97 - Medical Team
  - Irish National Jamboree '97 - Leader
  - CJ '01 - Medical Team
  - Finland National Jamboree 2022 - IST/Leader

A group of people, likely participants in a jamboree, are gathered in a paved courtyard. They are wearing red and blue shirts, black shorts, and various hats. Many have large backpacks. In the background, there is a traditional Korean palace building with a multi-tiered roof and a large mountain in the distance. The text "PRE-JAMBOREE PREPARATION" is overlaid on the image.

# PRE-JAMBOREE PREPARATION



## 3-6 Months Prior to Jamboree

- ❑ Ensure medical file on myscouts is completed and up to date for all participants from your group,
- ❑ Flag participants (leaders, youth) with any medications, mental health issues, allergies, medical conditions, and dietary issues that might affect them during their trip.
- ❑ Take a mental health first aid course



- ❑ Discuss with participant their individual medical needs, forward to appropriate individuals (group first aider, medical contingent lead, etc.).
- ❑ Review medical needs to ensure that they can be accommodated. (i.e. Power for medical devices, stability of condition.)
- ❑ Reminder - any medical information is private. Do not discuss with people who it is not relevant to.



# 1-2 MONTHS BEFORE JAMBOREE

- Ensure group medical kit is stocked and up to date.
- Speak with participants regarding any medical changes.
- Speak with participants who are on medications to have supply for an extra 7 days of the duration of the event, and to bring it with them.



# 1-2 MONTHS BEFORE JAMBOREE

- Ensure that dietary and medical needs can be met, and there are no recent changes, or possibility of changes.
- Speak with medical lead of contingent and/or group first aider to address concerns regarding group.
- Develop list of additional supplies for group needed in dietary and medical needs. (Will discuss in next section)





GROUP KIT FOR JAMBOREE



# BASIC FIRST AID KIT

Want a first aid kit that will have adequate amount of supplies, small enough to be easily carried, and to deal with the following injuries:

- Fractures, Sprains, Strains
- Minor and major- scrapes and cuts
- Burns
- Splinters/Slivers
- Respiratory protection (blue mask and gloves)

Also kit should include a first aid guide, barrier devices (CPR and Respiratory),gloves, scissors, and hand sanitizer.

# OTHER THINGS TO CONSIDER

You You may want to add the following items to your kit to assist with dealing with minor issues:



- Hydration Powders
  - Gatorade, Hydralite, Biosteel, etc.
- Over the counter medications
  - Tylenol (headache, minor aches and pains)
  - Claratin or Cetrizine
  - Hydrocortisone cream or afterbite (bug bites)
  - Immodium, gravol (vomiting and diarrhea)
- Feminine Pads
  - If females in group, for menstrual periods
  - If large cuts and wounds, great for stopping bleeding.
- If you have a diabetic person in group, oral glucose or chocolate bars of some form for diabetic emergency.

A large, energetic crowd of people is gathered at night, likely at a concert or festival. Many individuals are wearing red t-shirts and blue and white patterned scarves. In the foreground, a man with a beard and mustache, wearing a red t-shirt and a scarf, is making a 'rock on' hand gesture. The background is filled with people, some holding up phones to capture photos or videos. The scene is illuminated by bright lights, creating a vibrant atmosphere.

DAYS PRIOR TO  
DEPARTURE





# GETTING READY

Days prior to departure you want the following information printed and in a binder:

- Each person's myscouts file
- Up to date medical file from my scouts
- Emergency Contact Information
- Up to date list of medical conditions, medications, and schedule of medications.
- Safety plan for various contingencies/behaviours as needed.



## GETTING READY

- Information on type of medical equipment, good working order, and serial number of device on paper with their file.
- Also ensure participants have enough supply of medications or equipment for jamboree and up to 7 days post.
- Touch base with all participants to see how they feel. For many this will be the first time away from home.



## AT JAMBOREE

- Ensure youth are eating and drinking. As they are in a new place, they are not used to some of the traditional/cultural foods
- Ensure adequate sleep
- Hygiene check ups
- Mental Health Check ins
- Ability for youth to touch in with parents as needed.
- Deal with minor first aid interventions as needed
- Lean on resources in times needed. I.e. other leaders, Contingent management team, camp resources
- Ensure self-care for yourself.



## Examples of Key Pieces of Gear

Sleeping Bags, sleeping bag liner

Sleeping Mat/Pad (no pool air mattresses)

Cot

Tent

Camp Chair

Hiking Pack (65-75L)

Hiking backpack travel cover to protect  
straps on bag going through the airports

Day Pack

Clothes

Outerwear

Footwear

Tentative personal gear list will be added to the Weebly website as well as some brands and examples of gear.

-HAVE THE CORRECT GEAR FOR YOUR TRIP BOTH PERSONAL GEAR AND GROUP GEAR

-GET THE BEST YOU CAN AFFORD (DON'T NEED TO SPEND THOUSANDS ON GEAR)

-PRIORITIZE WHAT GEAR IS MORE IMPORTANT TO YOU

-RESEARCH YOUR DESTINATION AND BRING GEAR THAT IS APPROPRIATE FOR THE CLIMATE YOU ARE VISITING

FOR ICELAND THE AVERAGE DAYTIME TEMPERATURE IN JULY IS 13 °C, BUT IT CAN REACH UP TO 20°C. NIGHT TEMPERATURES AVERAGE 5 °C, BUT CAN BE COLDER (IT WAS -3 ONE NIGHT IN JULY 2022).

# ICELAND PREPAREDNESS

<https://www.funiceland.is/facts/travel-guide/weather-in-iceland/weather-in-july/>

It's important to bring layers of clothes that you can strip off as you need it. Sweater, rain gear and hiking boots are essentials during the summer in Iceland.

- Hiking boots - If you are planning on only staying in Reykjavík then sneakers might be enough but if you will be travelling around the country and staying outside you need good hiking shoes that will keep you warm.
- Base layer - warm layers under the clothes might be the best thing you bring to Iceland. Usually just a regular underwear and T-shirt are fine during the summer but if you get cold easily it doesn't hurt to bring long wool or thermal underwear.
- Fleece or wool - The Icelandic wool sweater or fleece is a must.
- Water and windproof jacket - Water and windproof jacket over the wool/fleece sweater is essential for the rainy days.
- Water and windproof pants - It is windy in Iceland and it rains so bring the pants.
- Hats, gloves and warm socks
- Swimsuit - You are going to want to dip in our warm swimming pools or hot springs after a long day outside.

When packing you want to make sure everything is waterproof, pack in dry-bags/compression bags, or ziplock bags.

Label gear & ALL belongings.

Test your gear at local camps before going on your big adventure.

Use a hiking bag travel bag to protect straps going through airports.

Mark bags with unique tags to easily identify.

Practise packing & carrying your gear, everyone should be able to carrying their own packs.



# ELECTRONICS



Some camps may use apps to communicate schedule changes or other camp information.

Get a E-Sim card for data overseas or check with cell provider for options.

Most camps will have charging stations. Some charging station may have a fee per charge.

Other options: power banks, solar panels.

Pack electronics in carry-on luggage, check with airlines for restrictions on size limitations for batteries.



# \$\$\$ WHERE TO BUY \$\$\$

Sign up for those annoying emails -they announce when sales are, Black Friday, Cyber Monday, Christmas, Boxing Day are coming up, some have already started Black Friday Sales. Here are some of our favorites:

Cabelas <https://www.cabelas.ca/>

MEC <https://www.mec.ca/en>

Mountain Warehouse <https://www.mountainwarehouse.com/ca/>

Canadian Tire <https://www.canadiantire.ca>

The Last Hunt <https://www.thelasthunt.com/>

SAIL <https://www.sail.ca/en/>

Columbia [www.columbiasportswear.ca](http://www.columbiasportswear.ca)

Amazon [www.amazon.ca](http://www.amazon.ca) research quality (Nature Hike)

TruEarth [www.tru.earth](http://www.tru.earth)

# FOREIGN CULTURES



- RESEARCH WHERE YOU ARE GOING
- DIFFERENT FOODS, TRY SOME RECIPES BEFORE GOING
- \* IF POSSIBLE BRING LIGHT WEIGHT FOODS OATMEAL, MR. NOODLES, ETC.
- BATHING, SHOWERING, EUROPEAN CULTURE
- \* MORE OPEN WITH THE HUMAN BODY, NOT AS OVERLY SEXUALIZED AS NORTH AMERICA, SOME COMMUNAL SHOWERS
- \* [ICE]AM SHOULD HAVE INDIVIDUAL SHOWER STALLS, IF VISITING ONE OF THE LAGOONS LIKELY OPEN COMMUNAL STYLE
- MIDNIGHT SUN / BED TIMES / JET LAG
- \* MAY THROW OFF YOUTH SLEEP CYCLES
- \* PLAN A DAY (OR TWO) TO ADJUST TO NEW TIMES
- \* BRING A SLEEP MASK, EAR PLUGS

# TRAVEL DOCUMENTS & TRAVELLING

Passports should be valid 6 months beyond your date of return

- passports: a scouter should keep them once at your destination so they don't get lost

Travel Insurance

- Medical including covid

- Cancellation & Interruption (volcano eruptions, ash may shut down air traffic)

- Loss baggage

Member Details (myscouts), make sure contact info is up to date, and the emergency contact person will be in Canada

Parent consent form

Physical fitness form

Custody agreements/consent to travel, <https://travel.gc.ca/travelling/children/consent-letter>

We will let you know when all documentation is required;  
dates will be posted on the website once known.

## NAVIGATING AIRPORTS

-GIVE YOURSELF PLENTY OF TIME, YOU MAY BE EARLY BUT THAT IS BETTER THAN BEING LATE AND MISSING A FLIGHT

-LOTS OF HURRY UP AND WAIT, GIVE YOURSELVES LOTS OF TIME, BRING CARDS OR A BOOK

MAKE EACH YOUTH A ZIPLOCK WITH A PAPER WITH IMPORTANT INFORMATION ON IT THAT THEY CARRY IN THEIR DAY PACK AND WILL HAVE INCASE OF AN EMERGENCY





## PRE & POST JAMBOREE ADVENTURES

- INVOLVE THE YOUTH, WHAT DO THEY WANT TO DO, THIS MAY BE EASIER WITH SENIOR SCOUTS & VENTS
- DON'T OVER SCHEDULE ADVENTURES
- RESEARCH ACTIVITIES
- BUDGET!!!
- LINK WITH A LOCAL SCOUT GROUP
- WORK WITH A TRAVEL AGENT

← FINAL WORDS OF WISDOM →

DO THE PREP WORK SO YOU (AND THE YOUTH) ARE PREPARED FOR AN  
ADVENTURE OF A LIFETIME!

**DONE WITH MY PRESENTATION**

**NOW I HAVE TO ANSWER  
QUESTIONS**