

# HOW TO SURVIVE ANNUAL CAMP

This leaflet is written for YOUR benefit. Reading this will give you some useful suggestions, tips and some do's & don'ts of annual camp.



Going to camp with a large group of people requires some basic standards from **YOU**, the individual like:

- Not making things difficult for **other** people,
- Keeping **YOUR** things tidy,
- Putting **YOUR** rubbish in the bins,
- **YOU** being at the right place at the right time.

*These are all simple things that make camp easier and more fun for everyone.*

Specific orders for the camp will be given nearer to the time, whilst you are awaiting those, read these notes and be prepared.

*Above all, **ENJOY THE CAMP**, and if you are not enjoying It:*

**TELL SOMEONE whilst you are there, not after we get back.**

## PREPARATION

The first thing to do is to prepare well.

- Confirm your place with your parents.
- Pay your deposit/final amount promptly to secure your place.
- Start saving pocket money if you need to.
- Get hold of all the kit you are going to need to take (Use the checklist!).
- Read these notes, and the camp briefing when you get it, thoroughly.

## THE SECRET, SSHHHHH

*The secret of surviving an annual camp is:*

**W**ork when you are supposed to work.

**T**rain when you are supposed to train.

**R**est when you are supposed to rest.

**P**lay when it's your time.

and

**S**leep when you are supposed to sleep.

All training and events will happen at the times stated, so if you're messing around or talking when you should be sleeping, you will lose out on your sleep, the training still goes on, just because you're tired you won't get an extra hour in bed.

You need to pay attention to the timings at camp. Find out where the Camp Office and Camp Notice board are, so you know what is and what time things happen. Don't be the one running around like a headless chicken saying "**I Didn't know, I Didn't know**".

## PERSONAL HYGIENE

To be a switched on cadet, you need to be clean:

- Brush your teeth after meals.
- Wash yourself with soap.
- Brush/comb your hair daily.
- Shave if required gentlemen!
- Don't forget to change your "smalls" regularly.

Also when you have been on exercise sweating a lot, or have cammo cream on, you should shower after the exercise.

You should wash you hands before having your food, so you get no tummy trouble.

***A clean cadet is a happy cadet ☺***

## KEEP YOUR BILLET (SLEEPING AREA) CLEAN

The place you sleep in is very important. It could be a room in an accommodation block, it could be a room in a pre-fabricated building, or it could be in a large tent. You can spend up to eight hours a day there.

*Simple things like:*

- Keeping your kit in the locker/space provided.
- Make sure your bed is made up in the correct way.
- Putting your empty cans, sweet papers and rubbish in the bins that are provided.

*all help with the harmony of communal living.*

Every morning there is a billet inspection, you will have to clean inside and outside your billet and other areas that your billet uses, so why not keep it tidy as you go along?

***A clean and tidy billet shows others that 'Switched On' cadet's sleep there. 😊***

## WASH ROOMS, TOILETS, & SHOWERS

**Sinks:** I'm sure you wouldn't like to wash yourself in a dirty sink, so clean it for the next person. All you need to do when finished; with warm water, just rinse the sink out.

**Toilets:** Gentlemen make sure your aim is good. Flush the toilets after you, don't be a 'floater Fred/Flo'.

**Showers:** Use them often, stand under them when they're on, don't forget the bar of soap and turn them off after you.

**Drying Rooms:** Keep them tidy, use them only for drying clothes, and remove your clothes when they're dry. As always leave the rooms, as you would like to find them.

Don't go to the toilets, showers or washrooms bare footed, that's how you catch foot infections, use your flip flops, trainers or slip your boots back on.

***Clean and tidy ablutions are necessary for everyone's health & well being. 😊***

## DRYING YOUR KIT

If there are drying rooms on the camp. Squeeze out as much water from your clothes (two people, hold onto each end of the clothing and twist the item in opposite direction) before you hang them up in the drying rooms.

***Don't forget to collect them, when they are dry. 🙌***

## EAT PROPERLY

You might not get your favourite food, but it is essential that you eat all of your food, at least most of it. If you miss meals you will become weak and ill from not eating, then you will not enjoy the annual camp. ☹️

Sweets, crisps and pop are not proper food, but snacks. If you are a vegetarian tell your Camp Commandant so there are vegetarian meals available for you, and ask the kitchen staff for your vegetarian meal when you go for your meals.

*While in the junior ranks mess:*

- Form orderly queues for meals.
- Be courteous to the mess staff - *Remember that they control what goes into your food*
- Help to clear the tables of your crockery and cutlery.
- Clean up any mess you accidentally make.
- Do not make a lot of noise or a nuisance of yourselves.
- Allow regulars to cut in front – *They have jobs to go to.*

***Happy mess staff means good food and service with a smile. 😊***

## DRINK SUFFICIENT

It is very important that you drink plenty of water, tea, coffee or weak squash during annual camp. If you are busy moving and training all day, you will be sweating. If you don't keep your fluid level up you will become weak, dizzy and likely to get headaches.

You will not be enjoying camp ☹️.

***Keep fluid intakes up, especially when working hard or in hot weather. 💧***

## BAD HABITS

- Smoking:** You will not smoke on camp. This is for the health and safety of all on the camp. Concessions may be made by the camp commandant for over 16's if a suitable area is identified, but this is not guaranteed. *Smoking will kill you in the end and cost you money, so we advise you not to do it!*
- Bullying:** Some cadets with limited intelligence (a bit thick) tend to bully other cadets, any form of bullying or 'picking on' will be dealt with immediately, after one warning the bully's parents will be called to come and take them home.
- Stealing:** Cadets tend to trust each other, there is nothing worse than a thief in the cadets (or any organisation). Anyone caught stealing will be returned home and thrown out of the cadets. Stealing is taking something without the owner giving permission or not knowing you are using it.
- Rubbish:** Put it in the bin when you've finished; that can, bar of chocolate, packet of crisps, you know you will have to pick it up anyway.
- Vandalism:** Sadly the few of limited intelligence think it is cool to kick holes in walls, write graffiti on walls, and damage the billet. Not only will you be dismissed from the cadets, but you'll get a bill for the damage from the RAF. Remember we are guests on these stations, anyone doing this means others may be deprived of camps because stations will refuse to host camps.

There is no need to mention **swearing** as we all know that one.

***Don't be the one who's parents have to be called.*** ☹

## KIT LIST

On the next page is a list of the kit you should take with you to camp.

You could always ask for some of the things as Christmas or birthday presents.

Remember to put your initials and squadron number on your clothing (labels are a good place), just in case you kit becomes mixed up with someone else's.

Do NOT bring with you; Valuables, CD players or jewellery.

If they get damaged, lost or broken they are your own responsibility, no one else's.

## AFTER CAMP

Get your kit in the wash. Give your boots a polish and put the rest of your kit away.

Tell all your mates what a great camp you had, and if they joined the Air Cadets, they too can have great camps. 😊

If you did not enjoy the annual camp, tell your Squadron Commander or Flight Commander/NCO's and remember to tell them why.

Use this checklist when selecting and packing your kit for camp. We have tried to think of everything you would need, if you have suggestions or questions please ask NOW, not when we get to camp. If you are missing any item of uniform, get it NOW not the week before we go to camp.

- 3822 ROS book

- Uniform**

- Working blue shirts (2)
- Wedgwood blue shirts (1)
- Jumper
- Brassard
- Trousers
- Belt
- Skirt
- Tie
- Foul weather jacket
- Beret
- Shoes / boots

- DPM trousers
- DPM Jacket
- Green jumper
- Green shirt/T-Shirt
- Hi-leg boots

- Shoe cleaning kit**

- Brushes
- Dusters
- Polish

- Sports kit**

- Shorts
- T-shirt
- Track suit (if required)
- Gym shoes/Trainers
- Swimming costume
- Towel

- Underclothes (as required)**

- Underpants
- Socks
- Vest
- Bra's
- Tights

- Casual clothing for evening wear**

- Jeans
- Shirts/T-Shirts
- Jumper
- Jacket
- Shoes

- Smart clothing for travel**

- Slacks/Skirt
- Shirt/Blouse/Polo shirt
- Tie
- Jacket/Jumper
- Shoes

- Other clothing required**

- Night clothes
- Waterproof coat (for outdoor exercises, where uniform is not appropriate)

- Toiletries**

- Soap
- Flannel
- Toothbrush
- Toothpaste
- Deodorant
- Towel(s)
- Shaving kit/Shaver
- Shower Gel
- Sanitary products for ladies

- Miscellaneous**

- Torch, *Check batteries*
- Spare bulb
- Pocket money
- Watch
- Small notebook and pen
- Camera
- Film
- Sunglasses
- Pack of cards
- Water bottle
- Small padlock and key (for locker if provided)
- Hangers for your kit (approx 6)
- Lockable suitcase/holdall for all of the above
- Rucksack / day sack for trips and walks

- Personal first aid kit**

- Plasters
- Triangular bandage
- Paracetamol
- Small pair of scissors
- Sterile wound dressing
- Safety pins
- Lip salve
- Sun block
- Any prescribed medication that you will require for the duration of camp**

**BANNED**

**Knives of any description**  
**Radios/Stereos**

**AN IRON WILL BE PROVIDED BY THE SQUADRON**

