



national meerkat camp

5-6 november 2022
theme: a wonderful world

camp overview

The National Meerkat Camp is devised and organized each year by the National Meerkat Team. Scouting camps have a theme which ties activities together. Our 2022 theme is A Wonderful World. Through the suggested camp activities Meerkats learn about the natural world that surrounds us in South Africa. There is also the opportunity to celebrate other countries through their food and traditions.

In the Meerkat branch, camping can be done at home or with the Den, if facilities are available. Each Meerkat is involved in a full 24 hours of camping activities, sleeping overnight in a tent with a parent, or in a made-up fort at home. Not every Den or every family has the time or capability to undertake all activities offered at the camp. That is absolutely fine! The key Nationals Camp link up points are shown in red.

camp in and camp out

Meerkat camping is relatively new and grew during the lock down period. To foster a sense of community for a National Camp, we Zoomed in together, and also send photos of what we were doing to WhatsApp. Now there is a growing call for Meerkats to camp outside together. The National Camp therefore has two options:

Camp In – Meerkats camp at home, following the schedule. They can pitch a tent in the garden or build a fort in the lounge. They watch the pre-recorded opening and closing sessions and campfire online.

Camp Out – Meerkats camp at a venue, following a schedule that could be adapted to local needs. Because viewing a screen in the open is not ideal, scouters are asked to view the opening, closing and campfire in advance and to copy them in what they do on camp.



sign up

Den Scouters will collect names of who will be on the National Camp. Then details will be sent to attendees of the links and WhatsApp.



zoom and whatsapp

In order to create a sense of national community, both options will have an opportunity for Meerkats to Zoom/WhatsApp into small groups for half an hour.

Photos will also be sent on Whatsapp to your Den Scouter who can send some to Regional or National WhatsApps.



cost

There is no cost for the camp from National's side. Dens that are camping out will arrange other costs locally. After the event, the Den Scouter will order Camp patches for all who participated in the National Camp. These are paid for by parents or the Group.

badges

The objective of all camps in Scouting is for children to become more independent, learn new skills and have fun. Badges are secondary, but the Little Camper Interest badge is within reach of all. The World Around Us Challenge badge can be attempted on this camp but need not be a focus of activities. Camping is the focus!

Some activities will cover items from the Hiking and Healthy Eating Challenge badges and the Cooking Interest badge. It is up to the Den Scouter to keep track of items achieved and to award relevant badges later.

World Around Us:

Activities	Date Achieved
Do THREE of the following:	
1. Find out something interesting about another country or another part of South Africa and share it with the other Meerkats.	
2. Discover facts about two land, two air and two water plants or animals.	
3. Learn the importance of water and what we can do to save it.	
4. Visit a zoo/park/historical place with parents and other Meerkats.	
5. Make contact with Micro Scouts in other countries or Meerkats in your country.	



Little Camper:

Activities	Date Achieved
Do ALL of the following:	
1. Help pack to go camping.	
2. Sleep in a tent / shelter with mom and/or dad for one night.	
3. Help to get a meal ready in the open air.	
4. Help to wash up after a meal.	
5. Go for a walk and find at least three interesting things and explain why you find them interesting.	
6. Help keep the tent/shelter and campsite tidy and air your sleeping bag/blanket.	
7. Sing songs by the campfire.	
8. Look at the stars and find the brightest one.	



what to do now

Each Den will decide on Camp In or Camp out.

Camp In: This document can go to parents, with the leader's suggested activities.

Camp Out: The camp organizer will adapt this document and send it out. There may be charges, directions to the venue, consent form and other information to include.

camp schedule at a glance

Day	Time	Activity	Description	Badge
Saturday	Morning	Pack your kit	See Instructions	Little Camper 1
	11:00	Opening Ceremony	Camp-in: watch the recording Camp-out: Scouters present	
	Anytime	Build your shelter/pitch a tent		
	Anytime	Game	Choice of games 1-8	
	Lunchtime	Lunch: Prepare a simple meal and wash up afterwards	Select from menu items or your own	Little Camper 3, 4
	Afternoon	Activity - Go on a Neighbourhood Walk or a Hike	See activity 1, 2	World Around Us 4 Little Camper 5 Hiking 1
	Afternoon	Activity - A Wonderful World	Choose from activities 3, 4, 5, 6, 8	World Around Us 1, 2, 5
	Evening	Help cook over a fire, share and clear up	See menu items or your own	Little Camper 3, 4 Cooking 2
	Evening	Campfire	Camp-in: watch the recording Camp-out: Scouters will present	Little Camper 7
	Night	Activity - Look for the brightest star	See activity 7	Little Camper 8
	Night	Get to bed!		Little Camper 2
	20:00	Scouters Link Up	Zoom	
Sunday	Morning	Breakfast: Prepare and share a meal with an international flavour, and wash up afterwards	See menu items or your own	Little Camper 3, 4 World Around Us 1
	Morning	Tidy the campsite, strike the tent and pack away with parent		Little Camper 6
	Morning	Activity and games	See choice of activities 2,3,4,5,6,7,8 and Games 1-8	World Around Us 1, 2
	10:30	Meerkat's Own A quiet inspirational ceremony made up of a mixture of readings, prayers, reflections and music	Camp-in: watch the recording Camp-out: Scouters present	
	11:00	End of the Camp		

camp kit list

This list is as close as one for cubs and scouts as we can make it. It is important for your Meerkat to begin as they plan to continue – so get it right now.

Let them pack their own gear for camp. Put everything out on the bed for inspection before it goes in the kitbag. If camping at home, don't let them back into their bedrooms after they have packed. They will enjoy camping out for a night, even if it is in the lounge.



Meerkats begin and end the camp in full Meerkat uniform.

1. Meerkat shirt and hat
2. Shorts, shoes and socks
3. Group scarf and woggle
4. Extra t-shirt
5. Change of underwear and socks (they won't change them but pack anyway 😊)
6. Jeans or tracksuit or other longs for evening
7. Jersey or jacket, warm hat
8. Sleepwear – tracksuit or pyjamas, slippers
9. Takkies or closed shoes
10. Bedding roll (sleeping bag, sleep mat, pillow)
11. Torch and spare batteries
12. Campfire blanket (if you have one, or a good time to start one)
13. Wash kit (facecloth, soap, toothbrush, paste, brush, comb) in wash bag
14. Towel
15. Mess kit (mug/bottle, plate, bowl, knife, fork, spoon, dishcloth) in a cloth bag
16. Camp bag/kit bag



campfire

An essential part of any camp is singing songs around a campfire. The team has prepared a campfire to look at, but a real live campfire is ideal. At home, as the braai dies down, gather round and sing songs you know. At a Den Family Camp, prepare about six songs to be sung together with an opening and closing. Don't forget to roast marshmallows!



camp games

There are many options for Dens that choose to Camp-In and Camp-Out.

<p>1. Guess my animal Travelling/quiet game Think of an animal/plant and the other person has to pose questions with yes/no answers.</p>	<p>2. I spy Travelling/quiet game See something and declare the letter/phonic/colour it “starts” with. The other person has to guess it with yes/no answers until they give up.</p>
<p>3. Simple Simon with Animals Use actions related to animals such as Wave your trunk like an elephant, roar like a lion, stand tall like a meerkat, gallop like a zebra, blow water like a whale, fly like a fish eagle, climb like a monkey etc. If you don’t say Simple Simon, everyone laughs.</p>	<p>4. NESW with Countries Declare four corners of the play area as France, China, Zimbabwe, Canada or Europe, Asia, Africa, America (sticking roughly to right directions). Call out the country/continent, and everyone runs. At Meerkat level, no need to have winners.</p>
<p>5. Stalk the Lantern Evening game, outdoors, best in a open wooded area. Players line up at one end, while one player, holding a flashlight, stands at the other end. The object of the game is to move from one end of the playing area to the other, past the person waving the flashlight. Moving players caught by the flashlight beam return to the starting end. Stationary players remain where they are. The first person to successfully move past the 'flasher' holds the light for the next round.</p>	<p>6. Bean bag fun Meerkats stand in a line. Person in front has the bean bag. They pass it over the head to the person behind. They then pass it under the legs to the next person and so on. Can also twist left and then right etc. Lots of different options. Can have two lines and race against each other or time them and they try to beat it.</p>
<p>7. Empty Pockets Indoors/outdoors Meerkats collect as many different things as possible. Ask each one to spread the articles on the grass/table and have two or three judges look over the collections and comment on the articles produced.</p>	<p>8. Nature Mistakes Here's a variation on the familiar Cub observation game. Define a playing area outdoors, preferably a field or park with a variety of trees and vegetation. Arrange the area with out-of- place items such as an evergreen cone on an oak tree, an acorn on a pine tree, a dandelion flower on a lilac bush, and the like. Meerkats explore the area and note all the “nature mistakes” they find.</p>
<p>9. Buck, buck, lion This is “Duck, duck goose”. Meerkats sit in a circle. One player is “it” and walks around tapping each player in turn, calling out "buck" until finally calling one a “lion” The lion stands and runs to tag “it”. Both dash to sit in the vacant spot. The loser becomes “it”.</p>	<p>10. British Bulldog Players are at the ends of the field, with three bulldogs standing in the middle. They call: "British Bulldog" and everyone runs to the other side. If touched, they become bulldogs.</p>

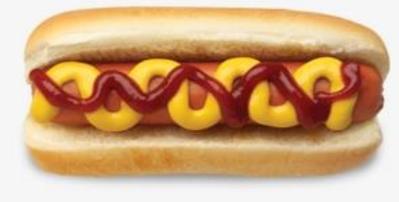
camp meal suggestions

There are three meals on camp:

- Saturday lunch – suggest cold or minimal cooking and, if camping out, try a bring your own and sit together, which minimizes cost and effort.
- Saturday supper – the main affair with fires. Put some thought into this one. It can be communal or by Burrows or families, depending on equipment or circumstances. We recommend a South African theme.
- Breakfast – is likely to be quick, but it would be nice (if camping together) to provide something warm for everyone, e.g. pancakes or rotis. Try for international themed dishes.



The suggestions below are mostly set for one person. Don't forget to send photos of your meals!

<p>1. Pasta and cheese sauce (Italian) Ingredients: 100g pasta, salt, instant cheese sauce, fried bacon/tuna/fresh herbs (optional) Method: Prepare pasta and sauce as per packets. Combine and enjoy.</p> 	<p>2. Fish finger campfire (sort of British) Ingredients: 6 fish fingers baked or fried, a cherry tomato or a strawberry Method: Fry or bake the fish fingers. Arrange them like a wood log fire with the "flame" in the centre.</p> 
<p>3. Croque Monsieur (French)</p>  <p>Ingredients: two slices of bread, ham, gruyere cheese (or cheddar), mayonnaise (should be béchamel!) Method: spread one slice with mayonnaise, then ham and cheese. Cover with other bread and grated cheese. Toast in the oven. Can be done on a fire in a sandwich grid – add the top cheese after the one side is cooked.</p>	<p>4. Hot dogs (American) Ingredients: Long soft roll, vienna sausage, squirry tomato sauce and mustard. butter. Method: Slice and butter the roll. Warm the sausage in hot water or a microwave. Assemble the dog and decorate with squirry tomato sauce and mustard.</p> 
<p>5. Boerewors roll (South African) Ideal for a braai Ingredients: Long soft roll, boerewors, butter, can of tomato and onion relish (use only a part, so share)</p>	<p>6. Chicken kebabs/sosaties (India/South Africa) Best made in quantity. Make in advance.</p>



Method: Braai or fry the boerewors. Heat the relish in a pot on the fire or stove or in a safe dish in the microwave. Butter the roll. Assemble as per picture.

Tip: Great when served with baked potatoes on a braai. Semi slice the potatoes to let air in and wrap in tin foil. Put in the fire for 30-40 mins. Add salt or butter.



Ingredients: 1 chicken breast, 1tsp each of apple juice, soya sauce, honey, ½ red onion, ¼ red pepper, ¼ courgette, 2

dried apricots, herbs and spices seasoning to taste, sosatie stick

Method: cut the chicken and veggies into roughly 2cmx2cm squares. Mix everything together in a tub. Keep for an hour or more. Thread the stick, alternating chicken and veggies. Braai on a fire, turning frequently.

[Cooking Badge 2]

7. Rainbow sticks

Best done in a group to save on cost of fruit

Ingredients: selection of 4/5 fruits e.g. melons, banana, berries, grapes, apple.

Method: Cut into pieces (with help). Thread on sticks and enjoy.

[Healthy Eating Badge 1]



8. Muesli (Switzerland)

Make in advance, probably more than needed!

Ingredients: 30g oats, 10g almonds/pecans, 10g raisins, 1tsp brown sugar, milk or plain yogurt

Method: mix all the dry ingredients in advance. Keep in a bag. Enjoy with milk or yoghurt.



9. Omelette in a Bag

This is an easy one to involve kids in and customize per individual taste. A day or so before camping, wash, chop, and add any ingredients you'd like in your omelet to a Ziploc bag. The morning you're



leaving, crack open a couple eggs into the bag. Press the air out and seal. At camp, squeeze the ingredients around in the

bag before dropping it in a pot of boiling water. For a couple bag omelets, about 10 minutes in boiling water should do the trick. Remove a bag with tongs to check its doneness before dumping them all out onto plates. [Cooking Badge 3]

10. Fruit and Nut Roll Up

Spread peanut butter or hazelnut spread on a tortilla or roti, add sliced banana, strawberry, apples, (any favorite fruit!), and top with something crunchy like pecans, almonds, walnuts, or granola. Roll and enjoy!

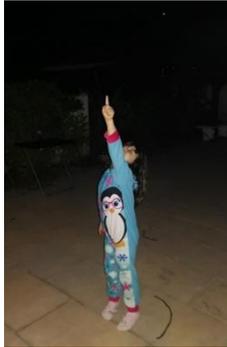


camp activities

<p>1. Go on a Walk Outdoor activity Visit a nearby place of historical or cultural importance and learn why it is significant. Look for a historical park, a statue, a monument, an old building, a protected tree, a historical view or landscape or the scene of a historical event. Do as a Den or individually. [World Around Us 4, Little Camper 5]</p> 	<p>2. Interesting things Outdoor activity While out walking, find three interesting things (to you) and tell your Den Scouter or Burrow Leader about them. [Little Camper 5] If camping in, the route can be just around your house or in a nearby park.</p> 
<p>3. Animals are Awesome Camp out – allocate animals, camp in– choose an animal and share at the next Meerkat Meeting. Find out about your animal’s pictures, sound, where it lives, what it looks like, any interesting facts. Den Scouter Tips: For Camp-out, make sure to allocate six land, air and water animals. Have some in hand in case. [World Around Us 2] Tip: can include plants e.g. palm trees</p>	<p>4. Mask Crafts Good indoor activity Colouring in. Needs string. Prepare in advance outlines of masks of enough animals. See: https://www.firstpalette.com/craft/printable-animal-masks.html Have a parade of the animals for parents. For Camp-in, Meerkat can show the mask at their next Meerkat Meeting. Tip: can include plants e.g. palm trees</p>
<p>5. Flags are Colourful Good indoor activity Select some easy two or three-colour country flags. Meerkats make a paper flag of a country by cutting and sticking coloured paper/card or by colouring in. Staple the flag onto a foraged stick or a sosatie stick. When done, ask Meerkats for facts from countries they might have been to or heard of.</p>  <p>Two colours: Ukraine, Spain, England, Scotland, Austria, Japan, Denmark, Finland, Bangladesh, Sweden, Switzerland, Nigeria, Poland, Peru, Qatar, Dubai, Latvia</p> <p>Three colours: Ireland, Madagascar, Hungary, Germany, France, Estonia, Romania, Russia, Botswana, Bulgaria, Chad, Columbia, Luxembourg https://en.wikipedia.org/wiki/List_of_flags_by_number_of_colors</p>	<p>6. Learn a song Good indoor activity Learn a song from another country or one from South Africa in another language e.g. Umzi watsha (isiXhosa) Bobbejaan klim die berg (Afrikaans) Shosholoza (isiZulu) Frère Jacques (French) Ich bin ein Musikante (German) Sarasponda (Dutch) Kookaburra (Australia) Onni Wakki Wah Wah (USA)</p> <p>More at https://www.boyscouttrail.com/boyscouts/boy-scout-songs.asp but choose simple ones for Meerkats The new song can be sung at the campfire.</p>

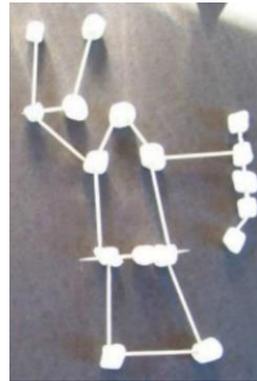
7. Look at the Night Sky

Before bedtime, look at the sky and find the brightest star. Identify constellations in the sky. Best are Scorpio, Sagittarius, Aquarius, which are overhead, and Pegasus, Cygnus and Pisces which are in the north-east sky. Libra is in the north-west overhead. The Southern Cross will be on the horizon and easy to miss. The planets Saturn and Jupiter are directly overhead and very bright. [Little Camper 8]



Tip: Planets don't twinkle and are usually very bright. Den Scouter tip: We'll send out star maps later.

8. Build a Constellation



Using marshmallows and broken up sositie sticks, Meerkats can make a constellation – then cook the marshmallows! Good constellations are

Cygnus, Aquarius, Libra, Scorpio, Orion. Pisces, Pegasus, Crux (Southern Cross). See below.

9. Meet other Meerkats

At a time on the schedule, Meerkats can Zoom or WhatsApp in to the National Camp to be placed in small groups to meet other Meerkats round the country. Meerkats to put on scarves so they can be identified.

Prep Meerkats to ask questions such as Where is your Hall? What is your favourite game? Who are your leaders? What do you like about Meerkats?

[World Around Us 5]

10. Make a Mandala

Pick up natural items and arrange them in a circular design on the ground – a mandala.



constellations

