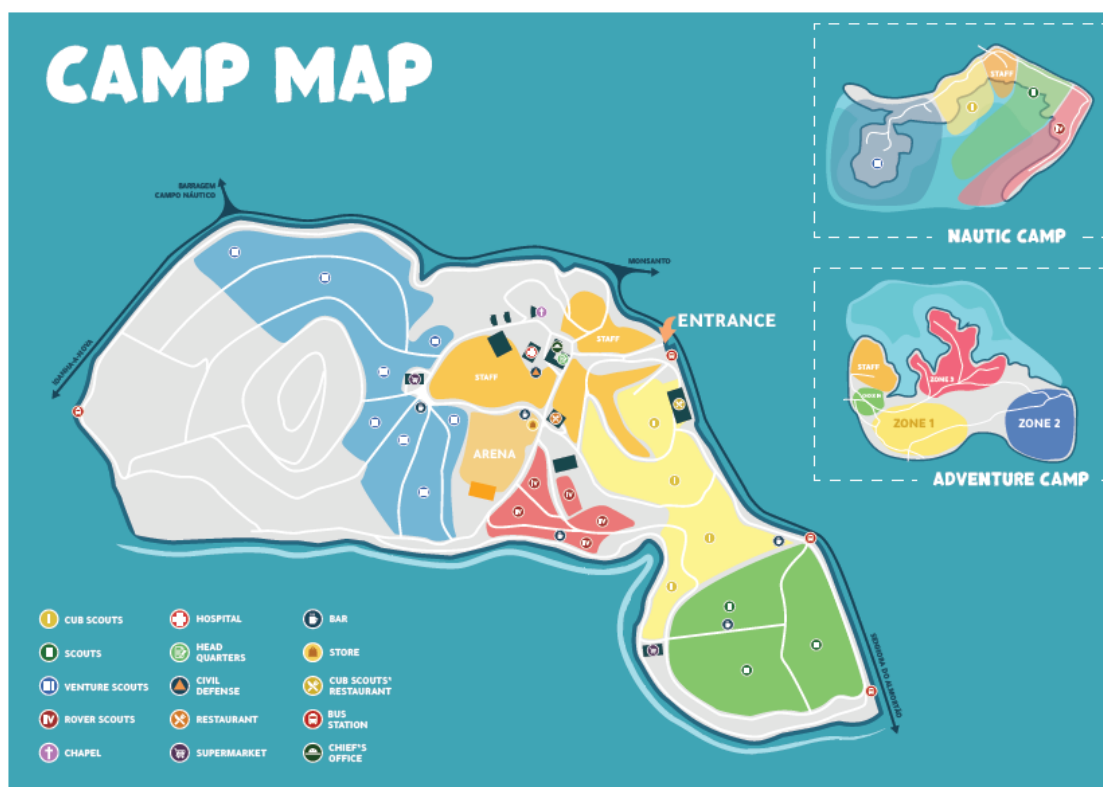


# General Information



Going back to camping?

Don't worry, we're here to help you out!



# Camping Equipment

Have you started preparing your equipment for ACANAC 2022? There are some things you should always be aware of. For instance, make sure the blade of your pocket knife is sharp and that its sheath is in good condition.

Be careful when using a gas canister and check the state of the hose and of the fire extinguishers, as well as the expiration dates!

We want you to have the safest camping experience possible!

## FIRST AID KIT

Going back to camp means you should be prepared in case some minor accidents happen. Make sure your first aid kit has everything you need to help a fellow scout that sprains their ankle or gets a burn while cooking. And, of course, it's always good to be prepared for blisters while you're on a hike!



# First Aid Kit

The First Aid Kit is essential when we start preparing a scouts activity. It should be reviewed regularly in order to ensure that the expiration dates of the products are preserved. It is important that it is easy to transport and its components arranged intuitively. There are several items that can be part of a first aid kit, but the most important thing is that as many people as possible know what they contain and know how to use them.

## How to pack a First Aid Kit?

Identify only what is necessary during a first intervention;

For reasons of volume and weight you should carry a minimum quantity of items;

If you are carrying medication you must bring the respective treatment guide or information leaflet;

It should be placed in an accessible, dry and ventilated physical space;

You must bring the Insurance Policy Guide, as well as the document for reporting claims;

This collective example does not invalidate the fact that each element has its own individual kit. On the other hand, the administration of any type of medication is never without risk and if necessary or possible you should seek specialized medical advice in person or by any other means (health telephone line).

## How should you prepare your First Aid Kit?

Possible Situations	How to act
<b>Wounds</b>	Isotonic saline solution for cleaning, bottle of 100cc; Disinfectant solution (e.g. dermal Betadine) single dose; elastic cloth bandages; Hypoallergenic adhesive tape; Disposable, non-sterile gloves; Band-aids of several sizes; vaseline/paraffine gauze pads; Haemostatic band-aids; Scissor (strong enough to cut through clothes and fabric); Weezers; Wooden splints; Adhesive suture; Chemical ice; Thermal blanket; Withers.
<b>Sprain</b>	Elastic ankle support; Elastic bandages

<b>Blister</b>	Silicone band-aids (ex: compeed)
<b>Sun Protection</b>	Sunscreen (SPF 30 minimum)
<b>Burns</b>	Moisturizing cream; Biafin skin emulsion
<b>Itching, allergic reactions</b>	Cetirizine, Dimetindene (antihistamine)
<b>Protection against mosquitoes</b>	Insect repellent; Mosquito net
<b>Nasal congestion</b>	Isotonic saline solution
<b>Constipation</b>	Microlax
<b>Diarrhoea</b>	Loperamide; activated charcoal
<b>Heartburn</b>	Antacid
<b>Vomiting</b>	Metoclopramide
<b>Fever, Nausea</b>	Thermometer; Paracetamol (ex: Benuron); Ibuprofen (ex: Brufen)
<b>Specific medication</b>	Must be administered in accordance with the doctor's prescription



## General Rules for Setting up the Camp

- Protection of the worktop in a zinc plate and a height of at least 0.50 meters
- Safety distance from the gas bottle to the stove: minimum 1,5m
- Safety area around the stove: minimum 2,5m
- Check the expiration date of the gas hose and the state of the connectors
- always disconnect the hose when you finish using the stove.
- Mandatory: 1 ABC chemical powder extinguisher for every 5 tents.
- Mandatory: 1 fire blanket or 2 buckets of sand in the kitchen area.
- Set up the tents by the ridge of the terrace
- Clear evacuation routes.

The use of gas lighting is prohibited.





## Safety during hikes

Write down our tips for your hikes during the activity!

- Always wear a hat!
- Walk always on the left side of the road.
- Walk along the side of the road in a line.
- Keep your bottles filled with water.
- Wear a reflective vest.
- Always wear cool and comfortable clothing: hiking boots (worn before), cotton socks, t-shirts and knee high shorts.
- Follow the paths: use the indicated sidewalks and trails
- If you need to stop, stop! The break should not be longer than 10 minutes. (Never take your boots off before the end of the hike).
- When hiking during the night, always use a flashlight.
- Always cross safely. Use crosswalks.
- Avoid hiking during heat hours (between 12pm and 4pm).





# Basic Life Support

Basic Life Support is the set of technical procedures that guarantee life support to the victim. It is crucial and vital until the arrival of ILS (Immediate Life Support). The goal is not to aggravate or generate new injuries. Rapid BLS offers up to a 60% chance of survival. Basic life support is one of the links in the chain of survival.

Call 112 > CPR > Defibrillation > Advanced Care

## First Aider Procedures

1. Identify, locate and assess the victim
2. Check the safety conditions
3. Check the state of consciousness
4. Check the breathing.
5. Call for differentiated help
6. Start cardiopulmonary recovery maneuvers, consisting of two alternating cycles of 30 chest compressions alternated by 2 insufflations - ventilation with a pocket mask. An automated external defibrillator AED may be used but requires qualified and certified training.
7. The maneuvers only stop when:
  - a. The victim recovers and is placed in recovery position.
  - b. The differentiated help arrives;
  - c. Exhaustion of the first aider.

Basic life support is one of the links in the chain of survival!



# SUSTAINABILITY

## SUSTAINABLE PATROL CHECK-LIST

- Soft biodegradable detergent;
- Solar power station;
- Table of recommended quantities
- Menus of sustainable food;
- Create "portable" aromatic garden bed
- Wood for construction;
- Shopping bag(s);
- 1st meal in patrol;
- patrol kitchen utensils (pans, etc)

### Sustainability

Quinta da Boa Semente (Sustainability Camp) shares with you some preparation tips for a sustainable living in this ACANAC.

This is the first one: SUSTAINABLE PATROL!





# Safe from Harm

You still haven't completed your Safe from Harm training?  
Remember: it is mandatory for all IST or scout leaders!

This is completely online, takes only 30 minutes, and will be valid for 12 months.

You have until the 15th of June to complete your training. Once completed you will receive a certificate which will grant you access to ACANAC.



# Safety Data Sheet - Materials for Activities

The safety of any activity starts with the preparation of the activity. And the material to be used does not fail to contribute towards a safe activity, as long as it is properly analyzed, prepared, used and conserved. Therefore, in this next data sheet, we will analyze the precautions to take with several materials before, during and after your activity, being certain that many other materials will be missing and that all these indications should always be adjusted to the conditions of the activity, never disregarding the safety of all.

## ACTIVITY MATERIALS

### Cutting tools (knives, saws, axes, etc)

#### **Precautions BEFORE the activity:**

- Check that they are sharp and have no traces of rust and/or cracks;
- Check the existence and condition of the protections and or sheaths.
- Check that the cables are securely fastened.

#### **Precautions DURING the activity:**

- Always store in a safe place - in a dry place, away from paths, not on the ground and in a way that will not fall over.
- When not in use, they should be stored and in their protective cases.
- Care should be taken in the way you hand or pick up a cutting tool.
- Before use, you should reconfirm that the cables are securely fastened.
- Before use, make sure there is no one around you who could be accidentally struck.
- The object to be cut should be properly supported and secured - preferably without the use of hands, legs or feet.
- KNIVES
  - To avoid cutting a finger or a hand, the movements of the knife should always be made outwards from our body, in the opposite direction to the hand with which we hold the stick or branch.

- A knife should always be handed with the handle free to grip and the and with the point of the blade facing outwards from the hand that is holding it.

#### AXES

- The slope of the axe is very important for the effect of the blows. Never strike with the blade at a 90° angle, i.e. vertically. The axe should always be tilted to an angle of about 60°
- When carrying it in your hand, always hold it by the blade, never by the handle. If the axe is large you can carry it on your shoulder, but always with the blade edge facing outwards.
- When you pass the axe to another person, you should hand it over always holding the blade, so that they can easily pick up the the handle.

#### SAWS

- Never pick up the saw by the blade even if it is protected;
- Always use the saw blade guard;
- In the case of the metal saw, you can carry it on your back, but always with the blade to the rear;

#### **Precautions AFTER the activity**

- Clean all tools using a dry rag.
- Sharpen the cutting edges if necessary.
- Check that the cables are in good condition, oil the tools and cover them with plastic to prevent rust.
- Keep these tools in a safe place with controlled access

#### **Gas Appliances - Stove or Light Source (petromax)**

#### **Precautions BEFORE the activity**

- Check that the hoses are in good condition
  - Within the validity period.
  - No cracks, creases or deformations.
  - The clamps are in good condition and properly tightened.
- Test and check functioning in a ventilated place
  - If it is unclogged
  - Oiled, functional handles
  - Existence of the spreader plate, its laying and fixing



- Existence and condition of the petromax mantle.
- Existence and condition of the petromax protection glass.
- Check that there is no damage to the nozzles and capillary tubes of the capillaries of the burners (cookers and petromax).
- Clearing all the air intake openings on the burners.
- Cleaning
- Existence of a spare mantle.
- Check all cooker mounting brackets, bottles and pan stand grids.

#### **Precautions DURING the activity:**

- Clean the area to be used for fire and keep away from tents and inflammable materials
- Avoid the crowding of people near the fires and avoid playing games near the cookers.
- The reducer should be disconnected and the hose "emptied" at the end of each use.
- The structure must be stable and have fire-resistant windbreaks to protect the cooker.
- The gas canister should be away from you (but easily accessible) and in the shade.
- Take as little time as possible between opening the gas and lighting the flame, always taking care when lighting.
- Beware of boiling liquids (water or fats)
- Always have a fire extinguisher near the cookers (extinguisher, sand bucket, fire blanket) and know how to in case of inflammation.
- Always check the condition of the mantle before lighting.
- Never use a petromax without protective glass.
- Minimize movements with the petromax.
- Take extra care to avoid contact with hot surfaces.
- NEVER use this type of equipment inside tents or poorly ventilated areas.

#### **Precautions AFTER the activity:**

- Wash and degrease the cooker.
- Check the clamps and hoses for looseness and the absence of tears, cracks or creases in the hose.
- The gas canisters should always be disconnected, confirmed if they still have gas, closed with the proper fitting and stored in a proper place - preferably

outside the premises, in a ventilated place, protected from rain, properly marked and protected.



### **Lunch Boxes**

#### **Precautions BEFORE the activity:**

- Check that you have all the parts and that they are washed and have no holes or dents.

#### **Precautions DURING the activity:**

- Keep packed lunch boxes protected from dust and washed, be careful with grease. Do not keep leftover food in them.

#### **Precautions AFTER the activity:**

- Check that you have all the pieces. Wash and dry very well and store preferably in a place protected from dust and humidity.

### **Tents**

#### **Precautions BEFORE the activity:**

- If possible open to check that there are no stains or tears from being stored, count strings, stakes and bolts or support rods and try the zippers.

#### **Precautions DURING the activity:**

- They should be mounted on clean, stable ground, with tension in the strings.
- The zippers must be used correctly, open fully to enter and exit the tent.
- Keep the tent ventilated and prevent water from entering, and keep the material inside protected.

#### **Precautions AFTER the activity:**

They should be mounted on clean, stable ground, with tension in the strings.

### **Ropes**

#### **Precautions BEFORE the activity:**

- Check the whole rope and confirm that it has no creases, wear and that the "core" is still protected.

**Precautions DURING the activity:**

- Always store the ropes in a dry place.
- During use, pay attention and avoid any danger of abrasion and use the appropriate knots.

**Precautions AFTER the activity:**

- Pass the whole cord to confirm that it is undamaged, store in a dry, ventilated place that does not cause creases.

**Maps****Precautions BEFORE the activity:**

- Confirm that you have all the maps of the areas which the activity will reach, check that they are all in order and prepare the transport cover and the navigation cover.

**Precautions DURING the activity:**

- Keep maps protected, crease-free and stored in their covers, take special care when navigating in rain.

**Precautions AFTER the activity:**

- Re-maintain and organize all maps, if any have been damaged in the activity they should be replaced.

**Battery powered light sources****Precautions BEFORE the activity:**

- Condition of lanterns, seals and bulbs.
- Check the battery charge and the absence of acid leaks or blistered batteries

**Precautions DURING the activity:**

- Do not use torches in the rain that do not have a protection index IP65\66\67\68.
- Avoid any fall of this equipment, checking its condition in detail whenever it happens.

**Precautions AFTER the activity:**

- Clean the equipment and lubricate all the seals (Vaseline or silicone-based lubricant).

- Fully charge the battery.
- When possible, remove the battery from the equipment before storing it.
- Store in a place protected from falls and damage.
- Store batteries in a dry, cool place away from sources of heat or flammables.

