

Where are you going?

What do they have there?

How long do you plan being there?

What are you planning to do?

Once you have answered these questions you can plan your meal and your duty Roster.

Organize your plan into a chart with the meals along one side and the number of days on the other.

	Breakfast	Lunch	Dinner
Day 1 Saturday	Eat at home	Bring sack lunch	Cook at camp
Day 2 Sunday	Cook at camp	at camp	Cook at camp
Day 3 Monday	At camp	On the road	At home
<b>TOTAL</b>	2	1 maybe 2	2

Day 1 is only 1 meal, Day 2 is all three, day 3 is only 1 meal but lunch may be on the road, bring money.

If this was summer camp you will be running all day long with activities and won't have time for making a fancy breakfast and lunch. If the campsite has things to do and is the main reason then you should plan for simple meals so you can enjoy where you are.

HOW many Breakfasts?

How many Lunches?

How many dinners?

1. Make the meal plan; is any one allergic to some food? Find out who hates hot dogs or taco's?
2. Make a master list by combining all the parts
  - a. Sandwich is bread + peanut butter + jelly+ knives
    - i. 2 lunches means 2 sandwiches times 5 people (patrol dad) = 10 sandwich or 20 slices of bread. IS 1 loaf enough?
  - b. Pancakes is mix + water + syrup or Juice + fruit
  - c. Chicken sandwich for dinner?
    - i. Bun or bread? If bread then the number of slices is more
3. Go shopping together if possible, work together to get all the parts.

WHEN YOU DECIDE WHAT TO EAT, you ALSO NEED to know how you're cooking it!

**DINNER Example:** Chicken, rice and vegetables.

*To cook chicken* you need a BBQ grill or fireplace with a grill

*To cook rice* you need a pot and a stove

*To cook vegetables* you need to know if they are from a can or fresh or frozen? Canned, then you need the pot and a can opener. A can of vegetables makes more sense when camping because they don't need to be in the cooler and won't get crushed in the cooler or go bad before the end of the campout. You can use the empty can to collect the bacon grease in the morning.

Will you cook both the rice and the vegetables one at a time? IF you only have 1 pot you will. DOES your stove have 1 or 2 burners?

## FOR LUNCH:

Will you be hiking at that time? Then you want to have a sandwich made and take it with you. Making your lunch simple means you have time to do things instead of washing lots of dishes again.

ALWAYS THINK HOW TO keep YOUR MEAL SIMPLE. Less dishes to wash is good for everyone.

## FRUIT:

Every campout must have fruit, breakfast and dinner is a good time to have your fruit. Apples, banana and oranges all have waste. This waste can't be dropped; you have to carry it back to a trash can.

## DUTY ROSTER:

The quartermaster makes the roster with the patrol leader. Unless someone loves to wash dishes that job always changes. Nobody is ever supposed to feel they are being punished, but everyone takes their turn. Both quartermaster and patrol leader are to teach how to do things correctly. Think like you in school, how would the teacher do this? Explain first practice second and then the test, never different.

Example

	SETUP	cook	clean	Dry	Put away	Tear down	Pack up
DAY 1 B L D	Everyone	BEN B, → Mark L, → Nick D	Austin B, → Nick L → Ben D	Mark B, → Ben → Austin	Nick B Austin Mark		
DAY 2	XXX	Mark B, Nick L, Austin D					
DAY 3							

Help each other, work together >>Shared work is easy work!

## DISH WASHING:

- You will work either with the troop cleaning bins or your own.
- Three Bins: prewash, wash and rinse. Cleaning order: Forks and glasses, then plates and LAST is very dirty pots and pans.
- Greasy dirty soapy dishes will cause diarrhea, nobody wants that. Keep the rinse water very hot, clean and just a little bleach. AS the rinse water gets cold and dirty it becomes the prewash water.