Most Primitive Scouting Experience

Activity Handbook

Irish Version 5.0

Scouting Ireland

Most Primitive Scouting Experience (MPSE Ireland) is a Fellowship within Scouting Ireland which works under the guidance of MPSE Netherlands.

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Most Primitive Scouting Experience Mission and Objectives

Mission and objectives:
The MPSE is an international Scouting organization, which emphasize on the primitive bushcraft techniques and the spreading of the knowledge of survival. The MPSE wants to create an international movement of new traditional Scouting. With bushcraft activities, it wants to connect with scouts over the world and let them be aware of nature and their own environment. Within the bushcraft atmosphere, the MPSE tries to let scouts experience the relation between man and nature, teach scouts about their rights and duties towards nature and trains scouts about their global social responsibility.

Regulations:
The members of the MPSE are member of their' national Scouting organizations and the regulation of these organizations are applicable. On the 15 November 2008, the regulations within the MPSE will be established by the MPSE counsel. The (future) international MPSE divisions will endorse the mission and objectives of the MPSE and the MPSE regulations.

Realization:
The MPSE organizes national and international bushcraft activities as camps and workshops and is present at major scouting events. The international character is one of the most important issues and the national MPSE divisions act as part of the international MPSE movement. The objective is to gather as much as possible international staff from all MPSE groups within all national and international activities. The national MPSE divisions keep each other posted about their activities and developments and involve each other in major decisions. Minutes of major meetings will be distributed in English to all the MPSE divisions.

Name: Most Primitive Scouting Experience
Website: www.mpse.nl
Address MPSE NL: Verbindingsweg 22, 3921 OM, Elst (Ut), The Netherlands

Most Primitive Scouting Experience

IMPORTANT HEALTH WARNING

Most Primitive Scouting Experience (MPSE) is not responsible for the adrenaline rush you will get while learning your new skills and cannot be held liable for the addiction to Primitive Scouting it could cause. However, becoming passionate about passing on your new skills to our youth members in Scouting is encouraged.

Because we provide Razor sharp knives, Bone cutting bush-saws, Amputation sharp axes and loads of Pyromania (fire) at our activities, Alcohol is **NOT ALLOWED** during any of our activities; even a hangover can be dangerous while using our equipment.

There is no need to bring your own knives etc, ours are sharper…..

ALSO NOTE please inform everyone attending our training that we use Coconuts because some people are allergic to them.

BEST PRACTICE
Inform everyone that MPSE uses Coconuts and all our equipment could be contaminated.
Get the organisers of the event to inform Leaders and Scouts of same, prior to the event.
Also inform your First Aid Team, so that they can come prepared.

Introduction

Most Primitive Scouting Experience (MPSE Ireland) is a Fellowship within Scouting Ireland which works under the guidance of MPSE International.

In this script the activities of the MPSE are described. Further, you can find the facts and numbers, organisation, to-do-lists, etc. This script is a growing document, which is altered and improved continuously. MPSE Ireland would like to acknowledge the work done on the original handbook by Johan van der Wielen & Maarten Dolkens of MPSE Netherlands.

Short activity overview

The goal is to create small bases where the participants (Scouts) can do a specific MPSE activity (e.g. making fire with flint stones or making a coconut cup) during an hour with only 10 participants and one staff member; a base. To create the real bushcraft atmosphere in this only short period of time, the MPSE activities will be held in a small piece of forest from ca 300x200m. In this forest open spots will be created for the most of the different bases. The rest of the bases will be run on the open field because of safety (e.g. making fuel torches) or because of the age group (the cub scouts activities).

During each of the days, 4 sessions of approx. 60 minutes will be done: 2 in the morning and 2 in the afternoon. The time between 2 session is approx. 30 minutes which will be used for escorting the participants (Scouts) out of the MPSE area and get new participants in.

Johan van der Wielen
Founder and Chairman of MPSE international

Interesting links
www.mpse.nl the Dutch forum for MPSE mpse@iol.ie

Organisation of National Events

Members of the MPSE activities

In the MPSE area the following people will be active:

- MPSE staff

And the MPSE teams with:

- Team Leaders. Base Leaders, Quartermasters and Safety officer

MPSE staff

MPSE staff is the Irish MPSE organization team with the following members:

Ian	- MPSE leader	Chairman
Joe	- activity leader	Secretary
Sean	- activity leader	Treasurer
Liam	- activity leader	Quartermaster + ONE Programme
Gary	- activity leader	Safety Co-ordinator + SE Province
John	- activity leader	ONE Programme co-ordinator
Kieran	- activity leader	ONE Programme
Fergus	- activity leader	ONE Programme
Kevin	- activity leader	ONE Programme
Rory	- activity leader	NE Province
Niall	- Member	

MPSE Teams

MPSE teams	- a group of 1 Team Leader, 10 Base Leaders and 1 Quartermaster
Team Leader	- leads a team of 10 Base Leaders
Base Leader	- member who will run one base with 10 Scouts per session
Quartermasters	- member which is responsible for all the materials, refilling, etc.
Safety Officer	- member who is responsible for the safety of all
Advisor	- member who has left MPSE but likes to be kept informed

A MPSE team is a team of 1 Team Leader, 10 Base Leaders and 1 Quartermaster.

Team Leaders

The Team Leader is responsible of his / her team and the activities to be done by his team. In total 10 different activities will be organised within the MPSE area and every MPSE team contains all 10 activities. The Team Leaders will have a Team Leaders meeting first in the morning with the MPSE staff. They will get the latest details, remarks, etc. After this the Team Leader will brief their own team to discuss which Base Leader will do what activity, to schedule circulation of Base Leaders between all activities, to help the Base Leaders with difficulties during the day and to manage the supplies of new materials by the Quartermaster. During the day the Team Leader is responsible for the presence of the members of his team, the activities by the Base Leaders and will handle with problems and difficulties. The Team Leader will function as spokesperson for their Base Leaders to the MPSE staff.

At the end of the day, the Team Leader will organize an evaluation meeting within his team to hear about experiences, improvements, material difficulties, etc. After this meeting the MPSE staff organises a Team Leader meeting to hear the evaluation subject of the different teams, to share the experiences between the teams, etc.

Base Leaders

The Base Leader is the actual person to do the activities with the participants. They are responsible for their own base in the forest or on the field. The materials for each activity and the descriptions are located in the marquee in boxes. At the end of all days the boxes should be cleaned and refilled, so that it can be immediately used in the morning. The Base Leaders are responsible for the materials, the maintenance of the gear and the replenishment at the end of their use. The goal is to circulate all the Base Leaders per 2 sessions so all the Base Leaders have done all the activities throughout the week.
When their base is ready, the Base Leader goes to the gate to collect 10 participants for his activity. The Base Leader will escort them to their base, does the instruction and the activity. At the end, together with the participants, the Base Leader will clean his base to be ready for the next session. Then they will escort the participants to the exit of the forest and collects new participants at the gate.

NOTE- Base Leaders are personally responsible for all the materials in their boxes and are accountable for missing / stolen items. Do not let your base finish, without properly checking the contents of your box. Also return your box and equipment clean.

Quartermasters

The Quartermaster is part the MPSE team and responsible for all materials, replenishment and supplies. During the day, they'll help the Base Leaders with new equipment, materials, etc. Further the Quartermaster if part of the Quartermasters team and helps with the supply of the products which are not located on the MPSE area.

Safety Officer

A Safety Officer will be present at all MPSE Activities
The Safety Officer is responsible for the wellbeing of all participants, Youth and adult members alike.
It is their job to see to it there is stand alone, on site, First Aid team available with their own transport for the duration of our activities.
That the environment is a safe place and there is accessible to emergency transport.
Drinking water should be available.
The Safety Officer will check that leaders know how to use a fire extinguisher and fire blanket.
While the Safety Officer is in charge, everybody should look out for the safety of each others.

MPSE Ireland Bases

Creating a Flaming Torch
Building Primitive Shelter
Making a Coconut Cup
The Pocket Trangia
Making a Box Oven
String Hammock making
Fire with Flint & Char Cloth
Building a good Fire
Carving
Making Nettle Cord
Water Filtration
Latvian Fire
Carving
Using and sharpening an Axe and Knife
Fire
Pit Fire
Can Stoves
Cooking

Leave No Trace

MPSE Ireland's Training Dates

Advanced w/e	January 2nd weekend
Basic day	February 2nd weekend
Advanced w/e	October 2nd weekend
Basic day	November 2nd weekend
Youth Bushcraft Challenge	September 4th weekend

MPSE Badges

We sell rucksack badges to leaders who did the introduction course €3 each in packs of 10
These badges are issued to Cubs / Scouts / Venturers who have learned 4 primitive skills

MPSE Staff

One leader from each Province will be invited on to MPSE Staff
Other nominations accepted at the AGM

MPSE Hoodies

Available to anyone at €35

Contact mpse@iol.ie

FIRE SAFETY

How to use a FIRE EXTINGUISHER

P A S S

Pull the Pin at the top of the extinguisher. The pin releases a locking mechanism and will allow you to discharge the extinguisher.

Aim at the base of the fire, not the flames. This is important - in order to put out the fire, you must extinguish the fuel.

Squeeze the lever slowly. This will release the extinguishing agent in the extinguisher. If the handle is released, the discharge will stop.

Sweep from side to side. Using a sweeping motion, move the fire extinguisher back and forth until the fire is completely out. Operate the extinguisher from a safe distance, several feet away, and then move towards the fire once it starts to diminish. Be sure to read the instructions on your fire extinguisher - different fire extinguishers recommend operating them from different distances. Remember: Aim at the base of the fire, not at the flames!!!!

How to use a FIRE BLANKET

DON'T BE AFRAID TO USE THEM

Daily time schedule for MPSE Staff, Team Leaders and Base Leaders

Time	Scheduled
08:30 – 09:00	Meeting with MPSE staff and Team Leaders.
09:00 – 09:10	Team Leaders meeting with Base Leaders, last important messages
09:10 – 09:30	Collecting base materials by Base Leaders, preparations within the bases, etc.

Seven groups of seven will arrive at base camp at 09:00H
Each group will start at a different base and the groups will change bases each hour
The schedule below is for Group "A".
Group "B" start at Activity session 2. Group "C" start at Activity session 3 and so on

09.30 – 10:30	**Activities session 1** **Fire with Flint & Steel** Clean up with participants, check materials and escort them out the exit Collect new group of participants at the gate
10.30 – 11:30	**Activities session 2** **Making Coconut cups** Clean up with participants, check materials and escort them out the exit Collect new group of participants at the gate
11.30 – 12:30	**Activities session 3** **Flaming Torches** Clean up with participants, check materials and escort them out the exit
12:45 – 13:45	Lunch
14:00 – 15:00	**Activities session 4** **Making Wooden Spoon + Toys** Clean up with participants, check materials and escort them out the exit Collect new group of participants at the gate
15.00 – 16:00	**Activities session 5** **Lighting a good Fire** Clean up with participants, check materials and escort them out the exit Collect new group of participants at the gate
16.00 – 17:00	**Activities session 6** **Smoking Fish** Clean up with participants, check materials and escort them out the exit Collect new group of participants at the gate
17.00 – 18:00	**Activities session 7** **Building a Primitive Shelter** Clean up with participants, check materials and escort them out the exit Check and complete materials for next day, clean base area, clean box and return base materials to the Store tent
18:30 – 19:00	Team Leaders to get evaluation from Base Leaders, troubles, etc.
19:00 – 19:30	Day evaluation with MPSE staff and Team Leaders, important messages for next days, possible changes, etc.
20:00	End of MPSE activity for the day

Base Leaders notes.

Safety Safety Safety Safety Safety Safety
Do not give away anything, as we have calculated the minimum gear required.
Base Leaders are personally responsible for all the materials in their boxes and are accountable for missing / stolen items. Do not let your base finish, without properly checking the contents of your box.
Remember to have fun and, try to ensure your trainees enjoy your activity
Make hand written notes of any problems

Fire with flint-stone and steel

Introduction

There are different ways to light a fire. You can use matches, lighter, Flintstones, fire bow, sun parabola, wait for the lightning to strike, etc. We will practice with fire steels and Flintstones. According to the fire triangle you will need fuel, oxygen and heat.
With the fire steels and Flintstones you can produce sparks that can light the tinder. Tinder is a very easy burning fuel. Examples of tinder are thin white birch bark, dry grass, Real Amadou (Polyporus fomentarius), etc. Instead of the very rare mushroom you can also use burned cotton or char cloth.

Activity

Step 1 : Make tinder by burning cotton.
Put a little candle on a wind free area. Light the cotton and hold the cotton with both hands on the side (see pictures). When you see the black burned cotton put it out with the hardboard sheets. Light the other site on the same way and put it out. Now you will have a piece of really black burned cotton. Collect these black pieces together and put out the candle.

Step 2 : Make fire
Put the little pieces of black cotton in the middle of a 'birdsnest' of hay (a handful). Hit the steel with the Flintstones (or the other way around) to make enough friction and get sparks. Aim the sparks at the burned cotton. When a spark falls on the cotton you will see the cotton starts glowing. Push the hay together and blow strongly in the hay from the bottom side, until the flames come out. Then carefully put it on the ground. Let it burn out or put it out. Don't throw it or let it fall.

Practical tips for the Base Leader

- Before starting the activity demonstrate both steps to all the participants and explain about the background. The participants will do everything on their own.
- Make sure you do the program in two steps. First all participants make tinder. When everybody is finished collect the candles and go on with the second step.
- Don't give away the box of matches. Light the candles yourself. With one candle you can light the others. Don't let participants take hay, cotton or matches themselves.
- Let them be very careful with steels and Flintstones. Most injuries happen in this activity by hitting the hands with Flintstone or steel.
- If the hay is still humid, start in the morning by spreading some hay at your base out on the ground in the sun. Otherwise the hay will give lots of smoke before it will burn.
- Make sure the area is cleaned by the participants and all the materials (most important the steels and stones!) are collected before they're allowed to go.

Safety:

- Be careful with flammable clothing.
- Be careful with flammable materials on the underground
- Be sure you know how to use a fire extinguisher.
- Contact Team Leader for first aid (plasters) and serious injuries
- When the hay is burning participants can panic because of the big flames and lots of smoke. Be sure that the burning materials keep on the ground.

“vuursteen”
flintstone - la pierre pour le feu

Flint and Steel

Material	description
Fire steels	1 per participant per base (+reserve)
Flintstones / Quartz-stone	1 little piece (100gr) per participant base (+ reserve / replacement)
Cotton sheet	10cm x 50cm per participant (+reserve)
Hay (very dry) {NOT STRAW}	1 bale per 50 participants
Tea-candles (tea-lights)	10 per base
Matches	1 box
Tender -makers	1 per 2 participants + 1 reserve
tarpaulins (ca. 3x4m) 1x canopy	1 per base
sisal 3ply 2.5kg ball	50 meters
fire extinguishers (RED) 6Kg	**recently fully charged**
fire blanket 1.2m X 1.2m	1 per base
refuse bags	large, strong
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
equipment list	print this list and put it with the gear
picture page and script	A4 sheet in colour
cleaning materials	for washing and maintaining your equipment

The fire steels together with a flint stone for the price of 10 euro a set.

The tinder makers, the two shelves with the hinge which we used for putting out the charred cloth. 5 euro each

To order the above contact mpse@iol.ie

Tinder makers, Flints & Steels

Smoked fish

Introduction

In a survival situation, when you're in the open, there's no way you can keep fish good for a longer time. One way to keep fish is to smoke it. In this activity you're teaching the participants how to clean fresh fish and smoke it in a primitive way. Of course you'll be eating the fish… ☺

Activity

Do the activity with all participants together.

Step 1: smoke the fish

Explain about the method of smoking fish (see background information). Be sure that there are enough red ashes in the fire; do not make a large fire with loads of flames. Let the participants help with all the preparations.

1. Take the big tin and fill the bottom with ca. 5 cm (2 inches) with beech chips
2. Poor a little water onto the chips (1/4 cupful)
3. Put the smaller tin (with the holes) in the big tin (be sure the lid of the big tin still fits and there is space between the lid and the top of the small tin).
4. Put the smaller lid on the small tin and fill the gap between both tins with 2 more inches (5 cm) of chips totally around. Be sure no chips will fall into the small tin.
5. Remove the lid of the small tin.
6. Hang the pegs with the fish in the small tin.
7. Put the lid on the big tin and place the big tin on the ashes.
8. Wait for 30 to 45 minutes, once in a while look and feel at the fish.
9. Meanwhile, explain / tell about the backwoods methods for food conservation (see background information). Make it a vivid discussion ☺
10. If the flesh is totally white (not gray / soft / wet), take the tin of the fire and the fish out of the tins.
11. Let the participants eat from the fish, 1 fish for 2 participants.
12. Remove the small tin out of the big tin; the burned chips can be put in the fire. The top of the chips won't probably be burned and can be used again.

Step 2: prepare the fish for smoking

1. Push the tent peg through the head / eyes of the fish, support gently with your fingers.
2. Weave / cover / fix the fish with iron wire so that, if the head might break from the body, the fish still hangs on the peg (be sure the wire is also over the peg, not only around the fish).
3. Take two pegs, one with 3 fish and one with 2.

Step 3: cleaning the smoked fishes (mackerel)

First demonstrate a fish, and then let the participants who want to try, clean the fish.

4. Cut with a sharp knife a little cut (only through the skin) from the anus to the head.
5. Open the fish and put one finger under the intestines.
6. Rip politely the intestines from the anus
7. Pull all the intestines loose from behind the mouth; do **not** remove the head of the fish!
8. Throw away all intestines into container provided.
9. Further, scrap the skin off the fish
10. Make a cut halfway the side of the fish and gently scrape the flesh to the top and bottom side
11. Start eating ☺
12. **Be aware of all the little bones!!!!**

Project Two

Clean out the fish
Remove the bones
Remove the head
Make wood wedges
“Nail” the fish to the wooden board using the wedges
Place at windward end of fire
Cook for 30 minutes

Practical tips the Base Leader:

- Start the fire before the first participants arrive that day. You need good ashes during the whole day. The participants can help maintain the fire.
- It’s very important to do the process of smoking slowly and not let the fire be too big. Otherwise the chips will start glowing instead of gassing and the taste of the fish will be bad.
- Fish smells and so will everything with which you touch the fish…
- If participants want to use their own knives its ok, but tell them about the smell.
- During the smoking process, you and the participants will have to wait. Tell them about the backwoods process of food conservation.

Safety:

- Be careful with flammable clothing.
- Be careful with flammable materials on the soil.
- Be sure you know how to use a fire extinguisher.
- Be careful with eating the fish for good taste (food poisoning) and little bones.
- Contact Team Leader for first aid (plasters) and serious injuries
- Let the participants, who cleaned the fish, wash their hands!

Background information about the process of smoking:

The fish will be smoked into closed tins with beech chips inside and the total tin will be put into the fire. A lot of heat is going to the chips but the chips won’t burn. For fire, all three parts of the fire triangle (fuel, oxygen and heat) are necessary. Because of the lid, the tins are closed and no oxygen can come to the chips. The process what will happen is ‘gassing’, the chips will turn into gas instead of burning. This hot gas can enter the inner tin through the holes and is responsible for the smoking of the fish.

Background information food conservation:

When no cooling / freezing possibilities are available, there are several ways to preserve food in primitive situations. Food decay is based on several mechanisms:

1. Living cells contain vessels with specific proteins, enzymes, which will burst open if the cell dies. These enzymes are capable of breaking off the ‘bricks’ of a cell. After this, it’s easy for the body to break down and remove the dead cells. When a body dies, all the cells will break down because of the enzymes and the structure and quality of the meat will decline. Enzymes are sensitive for temperature and for warm blooded animals only will work at a temperature of 35 to 40 degrees Celsius. So, if you cool (or better freeze) meat, the enzymes won’t work and the meat will be preserved. For fish the working temperature of the enzymes is much lower, ca. 5 degrees Celsius. If you keep fish in the fridge, you won’t preserve fish but help the enzymes to decline the quality. Therefore, to preserve fish you have to freeze it (enzymes won’t work below 0 degrees) or you have to heat it (enzymes will be destroyed when heating and the break down mechanism will stop).

2. On non-sterilised food, always bacteria's and mould are present, good and bad ones. Multiplication of the bad bacteria's will give large amounts and can lead deceases when eating (e.g. salmonella on chicken meat). Bacteria's also can change substances from food. Sometimes we use that mechanism (e.g. fermentation to alcohol, yield for bread, etc.). But also poisonous substances can occur. Therefore it's no use to preserve food where already bacteria's have changed substances, the food is already spoiled. Preservation only works if you do it before bacteria's have the chance to do their work.

The process in 1. leads to a lot of proteins. Because bacteria's grow best on proteins, the process of 2. will be stimulated after a cell dies. The best way to preserve meat is to reduce or better stop both processes!

Here is a list of used ways to preserve food:

1. Cooling: used for vegetables and meat of warm-blooded animal. The processes will be reduced but not stopped!
2. Freezing: suitable for all kinds of meat except foods. Both processes will stop completely but because of the forming of ice crystals the structure of food will be changed as well (e.g. vegetables will become infirm, etc.). Vitamins will be preserved during freezing.
3. Salting or acidifying: because of the high concentration of salt, micro organisms will be killed. This method is suitable to preserve food for a very long time (e.g. gherkins, herring, meat, eggs, etc.). The taste of the food will be changed enormous of course.
4. Cooking / heating: micro organisms will be killed and enzymes destroyed. Food will be preserved for sometimes. But new bacteria's can easily colonise the cooked food because the cells are destroyed and the content of the cells is easily to reach for bacteria's. When cooked, food is only preserved for a little while. Taste and structure will change by cooking.
5. Cooking under pressure and closed: when cooking under pressure the temperature can rise till 140 degrees Celsius. If perfectly closed from the environment (e.g. in tins / glass), food is unreachable for bacteria's and preserved for a very long time. Taste and structure will be changed.
6. Smoking: by smoking food (e.g. fish), the inside will be heated and microorganisms are killed. Because the smoke is poisonous and will impregnate the skin of the fish. Colonization by new bacteria's has become almost impossible as long as the skin keeps intact and will not be damaged. When damaged, colonization will go very fast. So for good conservation, try to keep the skin of the smoked fish intact! Further, taste will change because of smoking but a lot of people like the taste of smoke!

Wash your hands

Clean up properly when you are finished.

Failure to do this will attract flies, bees, insects and animals.

Project Three

Make camp bread

Mix water with flower and need into a long roll, wrap around a Sally stick and place in fire.
Your bread will be made in 15 minutes.

Smoked Fish

(1) Prepare small bucket with holes

(2) Push peg through eyes of fish

3) Place fish in small bucket

(4) Put 50mm of chippings in big bucket,
put small bucket in big bucket, add more chips

(5) Tie tinfoil with wire as lid to big bucket.
Put in embers of an active alter fire.
¾ hour later, enjoy eating your smoked fish

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Smoked Fish

material	description
fresh fish (Mackerel)	1 per 2 participants + 1
beech chips (e.g. for hamsters)	O,5 kg per fish-smoker
Bucket 32cm diameter metal	3 per base
Bucket 24cm diameter Metal	3 per base pickled with holes
empty and clean 200 liter oil drum for making fire: cut in two in the length with legs	1 alter fire per base
kitchen butter knives	1 per 2 participants per base + reserve
chiller box for frozen fish	for transport of the fish Get from Fish Monger
round metal tent pegs	
iron wire (0,7 or 0,8 mm)	wire for wrapping fish and for lid
pliers	1 per base see tools
matches	1 box
wood for easy burning (e.g. birch, pine, etc.)	bags of chopped logs
firm fireproof gloves	3 pair per base FIREPROOF
6inch nails	2 per base see tools
refuse bags	large, strong
tin foil 450mm wide	as lid 600mm wide
fire extinguishers (RED) 6Kg	**recently fully charged**
fire blanket 1.2m X 1.2m	1per base
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
cleaning materials	for washing and maintaining your equipment
Plain flower	for making bread for 10
Mixing Bowl	for bread for 10
equipment list	print this page and put it with the gear
picture page and script	A4 sheet in colour

Preparation

holes have to be punched around the side of the small tin

NOTE
Axes must be very sharp and have a protective cover

Making a coconut cup

Introduction

Surviving is not being as primitive as possible, but making yourself as comfortable as possible with only a few things and mostly natural materials. Drinking (water) is very important. For drinking it is very useful to have a cup. You can make such a cup on different ways and from different materials. A very easy way of making a cup is cutting and cleaning a coconut. A coconut has many uses. You can drink the coconut milk, eat the coco and use the rest as a cup. There is one coconut for every two participants.

Activity

Step 1: Getting the milk
Two participants get one coconut. Make a whole with nail and hammer in one of the three black spots of the coconut. Catch the milk to drink or pour it away on the designated spot.

If you want to drink the milk, first test it. It can be rotten. Pour a little on your hand. Look at the colour (it should be white and clear) and smell it. If it doesn't look or smell good, don't drink it (and don't eat the coconut after sawing). If it looks and smells good, drink a little. If it tastes nice and sweet, you can drink everything. Don't worry, if the coconut is rotten, you will see, smell and for certain taste it!

Step 2: Sawing the coconut
One participant puts the gloves on and holds the coconut. Make sure the coconut lies stable on the ground or on the log. The other saws the coconut in the length in two equal halves. There are buckets with water for cleaning it and the saw, afterwards.

Step 3: Cleaning the coconut
Every participant can clean their own coconut. There are strong metal butter knives to do this. Participants may use there own pocket knife if they want. The easiest way to clean the coconut is to cut out the coco in little pieces and then remove it piece by piece.

Don't throw the coconut away if you don't want to eat everything immediately. You can bring it to your subcamp and give it to others or try one of the recipes.

Step 4: Pimp your coconut cup
When the coconut is cleaned you can pimp it by making a little hole just under the edge, so you can tie it with a rope onto your trousers. For a nice drink you can smooth the edge with your pocket knife (remove the hairs) or make decorations on the outer side. We provide sisal for a loop for your trousers and even for a belt.

Practical tips for the Base Leader

- Point a spot where the participants can pour the milk if they don't want to drink it. First ask if others are interested. We want to waste as little food and drinks as possible.
- Get fresh water for cleaning the coconuts regularly (after every round), don't let them pour the milk in this bucket (specially not when it is rotten)
- If a coconut is rotten, make sure it is not totally into the nut (black parts on the inside of the nut). Don't let them use this coconut but give them another.
- Try to keep the area clean. Use a tarpaulin where the participants can do the cleaning.
- Make sure materials are handed in after use (hammer, nail, saw and bread knifes)

Safety

- Watch with sawing, keep the coconut fixed. Keep others away. Let them wear gloves.

Watch participants, who use their own pocket knife. If you think it is not safe, let them use the other knife. Get participants to tuck their neckerchief inside your T-shirt while sawing.

Wash your hands
Clean up properly when you are finished.
Failure to do this will attract flies, bees, insects and animals.

Coconut Cup

Coconut Cup

material	description
fresh coconuts (Large)	1 per 2 participants + spare
carpenter saw tapered blade	2 per base
firm worker gloves	3 pairs per base
Hammer	1 per base
nails (4" -> 10cm long)	5 per base
kitchen knives (butter knife)	1 per participant + reserve
Little plastic bags on roll (100mm wide)	1 per participant (for the coco bits)
bucket (plastic with handle)	2 per base (for Coca waste)
wood logs (ca 2meter X 30cm)	1 per base (with cut-outs for nuts)
tarpaulins (ca. 3x4m) 1x canopy + 1 base	2 per base
sisal 3 ply 2.5kg ball	75 meters per base for canopy and trousers belts
sandpaper	1/2 sheets per participant (medium)
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
equipment list	print this list and put it with the gear
Picture page and script	A4 sheet in colour
refuse bags	large, strong
cleaning materials	for washing and maintaining your equipment

Melon Cup (Beaver Scout alternative)	
material	**description**
fresh Mellon (small)	1 per 2 participants + spare
Bread knives (Covered)	2 per base
firm worker gloves	3 pairs per base
nails (4" -> 10cm long)	5 per base
metal Soup Spoons	1 per participant + reserve
Little plastic bags on roll (100mm wide)	1 per participant (for the coco bits)
bucket (plastic with handle)	2 per base (for Coca waste)
tarpaulins (ca. 3x4m) 1x canopy + 1 base	2 per base
sisal 3 ply 2.5kg ball	75 meters per base for canopy and trousers belts
sterile pads	1 per 2 participants
water container (10 or 20 liter)	2 per base
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
refuse bags	large, strong
equipment list	print this list and put it with the gear
Picture board and script	
cleaning materials	for washing and maintaining your equipment

Carving a wooden spoon

Introduction

Surviving is not being as primitive as possible, but making it yourself as comfortable as possible with only a few things and mostly natural materials. For eating soup or other dishes it can be very useful to have a spoon. You can make a spoon very easy from a piece of soft wood.

Activity

Step 1: draw the shape of the spoon
Take a little piece of wood and draw the shape of the spoon on it (all sides). Be sure that you make the spoon not to deep and not to wide.

Step 2: cut the spoon
Make first the hole of the spoon with a spoon knife, before you start cutting the outside shape. Be careful with making the edges and handle too thin. It will break easily. If you cut very carefully, you will get nice shapes. For each participant there is some sandpaper for the finishing touch.

You can also make a wooden fork. Of course you don't need a spoon knife then. For making the teeth it is useful to do this with a saw. Make the teeth first before cutting the outer shape to minimize the risk of breaking the wood.

Practical tips for the Base Leader

- Make sure there are enough little pieces of wood before you start. You can cut these in the morning. From one wooden birch log, you can make 20 little pieces.
- Make sure the knives are handed in after the activity.
- Try to keep the area clean. Use a tarpaulin for catching the cutting pieces. On this tarpaulin the participants can do the cutting.

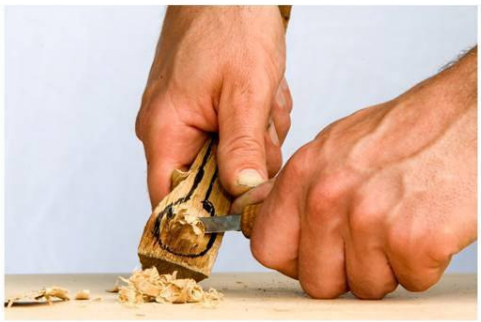
Safety

- Make sure that everyone who is using a knife SITS DOWN!
- When the knives are not used, fold them and put them away.
- Keep enough distance between the participants who are using a knife.
- Each participant can have only one knife: or a spoon knife or a pocket knife.
- Be very sure that you get all the knives back! They are very expensive.
- Contact Team Leader for first aid (plasters) and serious injuries

Collect chippings for lighting fires

http://www.djarv.se/djarvenglish/skedknivar.asp

“houten lepel”
wooden spoon - cuiller en bois



Spoons

material	description
spoon knives (Left and Right)	1 per 2 Scouts per base
pocket scout knives	1 per 2 participants good quality clasp knife
birch logs (ca 30cm diameter / 20cm long)	20 participants per log
sandpaper	1/2 sheets per participant (medium)
pencils	1 per 2 participants per base
tarpaulins (ca. 3x4m) 1x canopy + 1 base	2 per base
sisal 3ply 2.5kg ball	40 meters
hand axe (with cover)sharp	2 per base
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
equipment list	print this page and put it with the gear
picture page and script	A4 sheet in colour
refuse bags	large, strong (one per base)
Logs to sit on 200mm wide x 600mm high	1 per participant

Spoon knives. We order all our spoonknives at the Swedish knivemaker Svante Djärv: €35-00 each
To order the above contact mpse@iol.ie

Preparation

logs have to be split for spoons or forks

Whittling wooden toys

Introduction
Surviving is not being as primitive as possible, but making it yourself as comfortable as possible with only a few things and mostly natural materials. One of the biggest (and underestimated) threats in a surviving situation is boredom and depression. Keeping yourself busy is a must. Playing games is a good way to amuse yourself and avoid depression. You can make up games without materials (try this at home!), but you can also make wooden toys. It keeps you happy and busy!

Activity
We have pictures (or examples) of two different kinds of toys; hoei-hoei wood or propeller.
The participants may chose between one of them

Toy 1: Propeller
Make the blade from a thin piece of wood without knots. Draw the shape of a propeller and cut it carefully. Make sure both sides are equal in size and thickness (weight). The blades should be contrary in angle. Make a hole in the middle (point of balance) where you can put the blades on a stick.

Playing: by turning the stick between the palms of your hands, the propeller will turn very fast and if you release the stick, the propeller will lift and fly.

Toy 1: "Hoei-Hoei" stick
Take a wooden stick. On one side (on an angle if the stick is square), you make v-shaped notches. Each notch is approximately 4 mm deep and 8 mm long. The tops are not sharp but flat. Keep 2 cm from the beginning (or end) free from notches. Sharpen this like a pencil with a flat top. Take a little flat piece of wood as propeller and a little stick to attach it to the top. Further, you need a second stick, round, with the size of a pencil.

Playing: hold the "hoei-hoei" stick in one hand and the second stick in your other. Push and pull the stick firmly back and forth over the notches. Because of the vibration in the "hoei-hoei" stick the propeller at the end will start turning.

Practical tips for the Base Leader
- Make sure there are enough little pieces of wood before you start. You can cut these in the morning. From one wooden birch log, you can make 20 little pieces.
- Make sure the knives are handed in after the activity.
- Try to keep the area clean. Use a tarpaulin for catching the cutting pieces. On this tarpaulin the participants can do the cutting.

Safety
- Make sure that everyone who is using a knife, sits down!
- When the knives are not used, fold them and put them away.
- Keep enough distance between the participants, using a knife.
- Each participant can have only one knife: or a spoon knife or a pocket knife.
- Be very sure that you get all the knives back!
- Contact Team Leader for first aid (plasters) and serious injuries

Collect the chippings for lighting fires

More carving ideas

Carved Butter Knife

Carved Tent Peg

“hoei hoei houtje”

“hoei hoei” stick - bâtonnet de “hoei hoei”

Most Primitive Scouting Experience - www.mpse.nl

“propeller”

propeller - hélice

Most Primitive Scouting Experience - www.mpse.nl

Wooden Toys

material	description
pocket scout knives / Carving knife	1 per participant good quality clasp knife
birch wood for cutting (ca 20cm diameter / 20cm long)	1 log
sandpaper	1/2 sheets per participant (medium)
pencils	1 per 2 participants + reserve
tarpaulins (ca. 3x4m) 1x canopy + 1 base	2 per base
sisal 3 ply 2.5kg ball	40 meters
screws	#3 12mm long flat head + spares
screwdriver flat head	small pocket size
hand axe (with cover) SHARP	2 per base
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
refuse bags	large, strong
equipment list	print this page and put it with the gear
picture pages and script	A4 sheets in colour
Logs to sit on 200mm wide x 600mm high	1 per participant

Preparation	**NOTE**
logs have to be split for toys	**Axes must be very sharp**

Carving

material	description
Scout pocket knives / Carving Knife	1 per participant good quality clasp knife
birch wood for cutting (tree branch 20mm diameter / 150mm long)	Find in woods
sandpaper	1/2 sheets per participant (medium)
pencils	1 per 2 participants + reserve
tarpaulins (ca. 3x4m) 1x canopy + 1 base	2 per base
sisal 3 ply 2.5kg ball	40 meters
hand axe (with cover) SHARP	2 per base
refuse bags	large, strong
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
Logs to sit on 200mm wide x 600mm high	1 per participant
equipment list	print this page and put it with the gear
picture page and script	A4 sheet in colour

Can stoves

Introduction

A very effective way to cook your food (boil some water) is using a can stove (wood gas installation). With only a small fire you can boil some water very soon and easy. The small fire will be used to break down chips of hard wood, so the wood gas comes free. This wood gas with lots of oxygen surrounded is the actual fuel on which you will boil the water.

Activity

There is one can stove for every two participants.

Step 1: wood collection

Collect little woods and start a fire in the big tin. Place the big tin (on a tile) so the wind blows in the hole.

Step 2: preparations

Prepare the little tin with iron wire so you can hang it in the big tin when the fire is going very well. Put a handful of little chips of hard wood in the little tin.

Step 3: make a good fire

Keep the fire going, so it will produce enough heat to break down the chips of hardwood. Wait for the gas coming out.

Step 4: make tea

When you see the gas burning, you can put two tent pegs and another little tin filled with water on top. There are tea bags for the water.

Practical tips for the Base Leader

- Best is to hang in the little tin when the fire is already burning well with a lot of small wood. After you hang in the little tin, keep on pushing new wood in the fire.
- Don't fill the tin on top with too much water, it's only for 2 cups of tea, and the risk is that the chips will be finished before the water is boiling.
- When the activity is over, let the participants empty both tins in the ash container. Use pliers because the tins will be very hot!
- Don't let the participants take chips of their own or give it to them… otherwise the supply of chips will be finished very soon!

Safety

- Be careful with flammable clothing.
- Be careful with flammable materials on the underground
- The round pegs are not very secure, so be sure that the underground is straight and that the tin with the water is steady and firm on the pegs.
- Watch out for falling tins with boiling water…
- Make sure you know how to use a fire extinguisher.
- Tell the participants that the smoke and the tins are very hot.
- Contact Team Leader for first aid (plasters) and serious injuries. i.e. amputations

Background information about the process of wood gassing:

Because of the fire in the outer tin, a lot of heat is going to the chips in the inner tin. For fire, all three parts of the fire triangle (fuel, oxygen and heat) are necessary. But there is no oxygen above the chips in the inner tin because the fire in the outer tin will use it all. So, despite the heat, the chips won't burn. The process what will happen is 'gassing', the chips will turn into gas instead of burning. This wood gas goes up and on top of the inner tin will be lit by the flames of the fire in the outer tin. What will happen is a gas flame, which is hotter and more efficient than the wood flames.

"blikbrander"
can stoves - regard brûleur

make fire / faites le feu

Can Stoves.

material	description
Bucket 32cm diameter	3 per base
used but clean tins (1 liter, ca 10cm diameter x 12cm height	3 per base
iron wire (1 or 1,5mm thick)	50cm per can stove
tea bags	1 per can stove
matches	1 box
empty and clean 200 liter oil drum for making fire: cut in two in the length on legs	1 alter fire per base
metal shears	preparation (see tools)
Lineman's pliers or Slip joint pliers	preparation (see tools)
beech chips (e.g. for hamsters)	100gr per tin
v-shape metal tent pegs	2 per can stove (see tools)
refuse bags	large, strong
wood for easy burning (e.g. birch, pine, etc.)	bags of chopped logs
firm working gloves	3 pair per base
milk	I liter per base
fire extinguishers (RED) 6Kg	**recently fully charges**
fire blanket 1.2m X 1.2m	1 per base
billycan	for making tea
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
metal mesh grid	for top of 32cm bucket
equipment list	print this list and put it with the gear
Picture page and script	A4 in colour

Preparation

small bucket needs 3 small holes equally spaced near the rim.

the large bucket needs a long hole about 50mm high and 1/3 of the width of the bucket at the base of the bucket

connect the wire to the holes in the small bucket

Latvian fire

Introduction

In Latvia, men invented a very simple way to make a fire for cooking with just one log. The trick is to make a hole in the log which works as a chimney. The fire will burn in the inside of the log and they could cook on top. Simple and effective…

Activity

The participants will make in pairs a Latvian fire.

Step 1: preparation (see also pictures)

Cut a log from the top with the axe in 4 equal parts so that the inner corners of the parts are ca. 90 degrees. From each of the parts you cut the inner corner off so that if you put all parts back together a hole in the middle of the log will occur from ca 7 to 10cm diameter in total. Between two of the four parts you cut a little off at the bottom side so that a hole from the outside to the inside will occur. After this, place all parts back together as a log and attach them at both sides with a piece of iron wire.

Step 2: start the fire

As you can see, you just have created a chimney and at the bottom side a little hole for the oxygen. Start a fire with little and place the log on top of this fire. Be sure that, except for the hole from the outside to the inside, the rest of the log is on the ground and the sides covered with some soil so that no oxygen can come in. If the fire goes out, fill it from the top with new little wood. In no time you'll see that the inside of the log will start to burn and keep on burning because the flow of oxygen will go from the hole in the bottom through the chimney and will blow the fire. Then it's no longer necessary to fill the fire with small wood for it will continue by itself.

Step 3: make soup

When the Latvian fire is burning well, place two tent pegs on top and place a tin with water above the chimney. When it's boiling, let the participants make some soup.

Practical tips for the Base Leader

- The participants have to clean the place and their Latvian fire before leaving. Be sure you calculate some time for that.
- The iron wire is reusable, let them open the wire and reuse it with another group. The logs can be easily put out and can be used by other workshops. So, don't burn them completely, save them.
- Don't fill the tin on top with too much water; it's only for 2 cups of tea.

Safety

- Be careful with flammable clothing.
- Be careful with flammable materials on the underground
- Watch the participants very carefully when they use an axe. Best is to make a special place for chopping in a corner of your area. If you don't trust a participant with an axe, forbid him to use one. Unfortunately you haven't got the time to teach him but safety rules!
- Never let the axes lie on the ground with the participants. If they're finished, they have to return the axes with you.
- Watch out for falling tins with boiling water…
- Make sure you know how to use a fire extinguisher.
- Contact Team Leader for first aid (plasters) and serious injuries.

Collect the chippings for lighting fires

"Lets vuur"

Latvian fire - Feu de Lettonie

Most Primitive Scouting Experience - www.mpse.nl

Latvian Fire

material	description
birch or pine wood logs (ca 20 or 25cm diameter / ca 60cm long)	3 log per base
iron wire (1 or 1,5mm thick)	5 meter per log (reusable)
used but clean tins (1 liter, ca 10cm diameter x 12cm height)	3 tin per fire (reusable)
v-shape metal tent pegs	2 per log (reusable)
cup-o-soup	1 packet per participant + 1 spare
hand axes (ca 30cm) (with cover)	1 per base
felling axe (with cover)	2 per base
water container (10 or 20 liter)	2 per base
disposable paper cups	1 per participants + 1 spare
matches	1 box
wood for easy burning (e.g. birch, pine, etc.)	kindling, sticks + branches
firm working gloves	3 pair per base
fire extinguishers (RED) 6Kg	**recently fully charged**
fire blanket 1.2m X 1.2m	1 per base
Lineman's pliers or Slip joint pliers	see tools
refuse bags	large, strong
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
equipment list	print this page and put it with the gear
picture page and script	A4 sheet in colour

Preparation	**NOTE**
when the log is alight boil water to make a cup-o-soup for participants	**Axes must be very sharp**

Primitive shelter

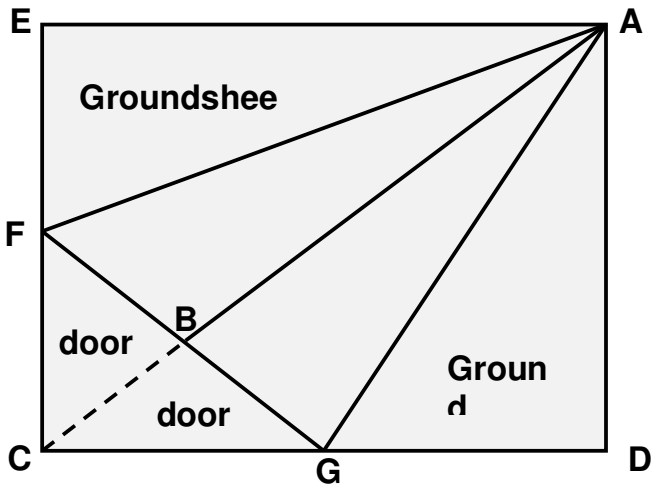
Introduction

When you're in a survival situation, you have the bare necessities you need: warmth (e.g. fire), water and shelter. Other things as food, etc. are less important. First be sure to have these three basic needs. In this activity the participants will make an easy primitive shelter from a rectangular tarpaulin: "frietzaktent" or "French-fries-bag-tent".

Activity

Build one shelter per two participants

The building of a shelter is very easy and you need only a tarpaulin or sheet (ca. 3x4m) and some sisal rope. It's big enough for 1 to 2 persons.



Step 1: place en preparation

You need a tree for attaching your shelter. Find a good tree and be sure that the underground is flat. You sleep with your head toward the tree so be sure that the underground higher at the side of the tree. Clean the underground from branches, pineapples, etc.
Further, find some firm branches which you can use as pegs.

Step 2: make your shelter

With a firm branch fix point A to the ground so that A is in the direction where the wind comes from. Take a pineapple / stone and put it at point B in the inside of the sheet. At the outer side of the sheet you can now put some rope around the pineapple and fix the other side of the rope to the tree. Be sure that point B is not higher from the ground than ca. 1m (if it's higher the shelter roof will be too open and the wind can come through) and that the distance between B and the tree is also about 1 m (if the distance is further the wind can easily enter the shelter).
Fold both points D and E around and under the shelter, this will be the ground sheet of the shelter. Be sure that there is no space left on the bottom between the lines AD and AE, otherwise the rain might come in from the underground.
Last stage is to fix both points F and G to the ground with firm branches and rope. As you can see the triangle BFG is now the door from the shelter. Triangle CFG is hanging down and can function as a door.
When the sides of the tent (triangles ABG and ABF) are hanging too low when you lie down in the shelter you can take two pineapples and put these from the inside in the middle of both triangles. When you attach a rope around these pineapples and tighten this ropes to some tree around you can higher the inside of the shelter.

Practical tips for the Base Leader

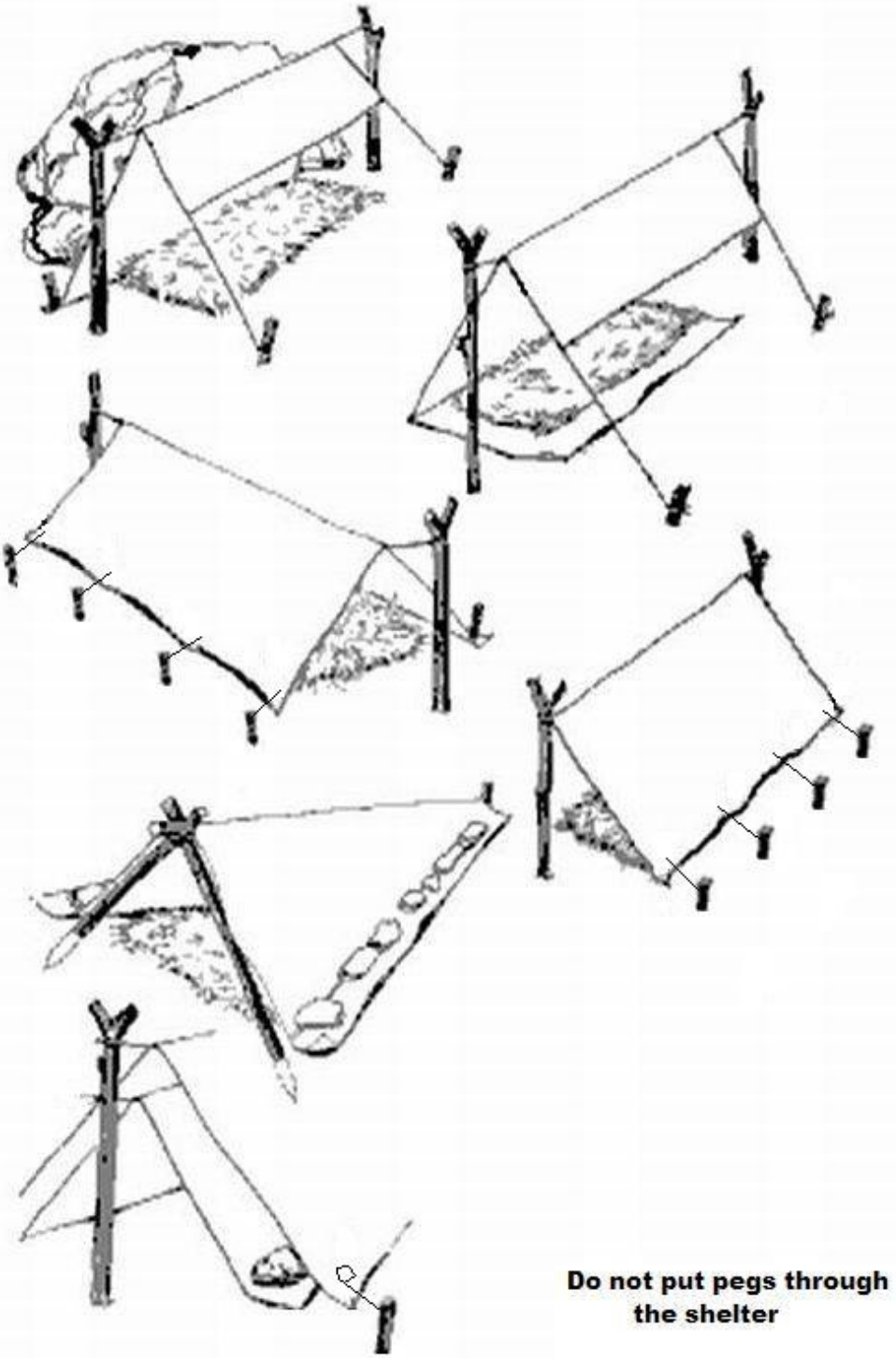
- Make a demonstration model before you start your base. Tell the participants about the survival needs and the importance of a good shelter
- This shelter is very easy and lightweight (e.g. is you use a thin sheet).
- Keep the shelter low. Body warmth keeps inside and the door will close better.
- With you backpack you can make the opening smaller in cold situations
- If you haven't got a (inflatable) mattress with you, you can first make a soft bed of leaves, moss or grass under the groundsheet. It also keeps you warmer during cold nights

Primitive Shelter

Turn Tarp upside-down
Fixing points for Guy-lines
Fix white point to tree
Fix red point to ground

More Primitive Shelters

With a waterproof poncho, groundsheet, piece of tarpaulin or plastic sheeting you can construct a shelter. There are a few designs below. Remember, always use natural shelter where possible, always insulate yourself from the ground and always secure the sheeting carefully.



Do not put pegs through the shelter

Primitive Shelter

material	description
tarpaulins (ca. 3x4m)	1 per 2 participants + spare
sisal 3ply 2.5kg ball	50m per tarp (+reserve)
refuse bags	large, strong
Fist size stones	
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
equipment list	print this page and put it with the gear
picture page and script	A4 sheet in colour

Making flame torches

Introduction

There are many ways to make a torch (e.g. with resin, spirit, candle-grease, etc.) but most spectacular is to make it with paraffin or kerosene (in Dutch “petroleum”). Paraffin gives high yellow flames with loads of smoke and light.

Activity

The participants will make all a torch.

Step 1: preparation (see also the pictures)

Let each participant take a stick with the following properties: straight, about 1,5m long, two fingers thick and not rotten. At the top (thickest side of the stick) let them make two cuttings (v-shaped) around the stick: one about 0,5cm under the top and one about 9cm under the top.

Give all the participants a piece of cotton (10cm wide and about 1m long) and let them wrap it around the stick. Be sure no folds are in the cotton. Give them 2 pieces of iron wire to wrap around the cotton at the place of the cuttings to attach the cotton to the stick. These cuttings are necessary for the burning cotton wants to slip down towards the bottom of the stick (and hands). At the end, put all the torches upside down in a bucket filled with some paraffin (as much that all cotton is covered). It has to stay for about 5 to 10minutens for all the cotton to be sucked full of paraffin.

Step 2: explain the safety regulations

Be very strict with the safety rules for one mistake can lead to major injuries! If one does not listen to your remarks, immediately get his torch and send him away!

- If they get from you the torch from the bucket let them hold the torch with the cotton down so it will drip down and not slip to the stick.
- If they walk with the torch, they’ll hold the torch with the cotton down.
- If they light the torch, they have to hold the torch high so the heat goes above their heads. The flames will be high and it might scare them. The higher they hold it, the less they’ll feel from the heat and smoke.
- If something goes wrong with them or the torch, tell them to immediately place the torch in the big oil drum where it can burn out.

Step 3: lit the torches

First gather around the bucket and give the participants one by one their torches. Before you give them, let the torch drip above the bucket (paraffin and all liquid fuels are very poisonous for the ground!!). When everybody has got his torch, let them gather in a circle around the oil drum with in it a burning candle on the ground. Be sure to be far away from the bucket with the paraffin. If all torches have stopped dripping the first one may light his torch at the candle. Then the second one can light his torch to the first torch and so on till you’ve got a circle with burning torches. If everything goes well, invite them to hold all torches to each other to create an enormous flame. Be cautious at any time for participants who panic from the flames, tell them to hold the torch up so the heat will go above their heads.

If you see torches fail (e.g. the cotton will go loose) tell them to place the burning torch in the oil drum.

Step 4: break down the torches

Let the participants help breaking down their torch. The iron wire and also mostly the stick can be used again. If you see the fuel has stopped burning and the stick / cotton take over, extinguish the torches in a bucket with water and remove the iron wire (watch out: the wire will be hot!!) and throw away the cotton. If the stick is burned too much you can saw a little piece off.

Practical tips for the Base Leader

- The iron wire is reusable, let them open the wire and reuse it with another group. The same with the sticks.
- Scare the participants a little with your explanation… they will be more careful during the activity.
- Be very careful where you put the fuel. Never let it out of your sight!

Safety

- Be careful with flammable clothing.
- Be careful with flammable materials on the underground
- See the safety regulation in the activity description.
- Make sure you know how to use a fire extinguisher and fire blanket.
- Contact Team Leader for first aid (plasters) and serious injuries.

Wash your hands

Clean up properly when you are finished.

"fakkel"
torch - flambeau

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Flame Torch

material	description
cotton sheet (only cloth with 100% cotton)	10cm x 1meter per participant (+reserve)
sticks / branches: ca 1,5 meter long, ca 4cm thick, dry, straight and not rotten	1 per participant (x2 for reserve)
iron wire (0,7 or 0,8 mm)	50cm per torch
paraffin	1 liter per 10 torches
empty and clean 200 liter oil drum for making fire: cut in two in the length with legs	1 alter fires per base
bucket (plastic with handle)	2 per base
refuse bags	large, strong
matches	1 box
fire extinguishers (RED) 6Kg	**recently fully charged**
fire blanket 1.2m X 1.2m	1 per base
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
pliers	see tools
equipment list	print this list and put it with the gear
picture page and script	A4 sheet in colour

Making a good fire

Introduction

Making a good fire is a very underestimated craft. Many survivors know a lot about al kinds of survival techniques but still don't succeed in making good, efficient or fast fires in all kinds of weather situations. Every scout likes to make a good fire and the best age to start to teach this knowledge and skills is the Cub Scout age. Cubs know very well how to handle with safety and danger…

Activity

Each pair of cubs may build a good fire

Step 1: tell about the fire-triangle, types of fire and how to make / build a good fire
See the background information. Do this talk max 10 minutes.

Step 2: start the fire
Give each of the pairs a half oil drum and let them start with preferably all different types of fire. Challenge them to first build the fire and collect the wood. Just then you give them a matchbox with just one match … the challenge is to start the fire with just one match!
During the activity you can give them tips and tricks. At the end, when all fire are burning, walk around with all participants and let each couple tell about their fire, what they build and their experience

Practical tips for the Base Leader

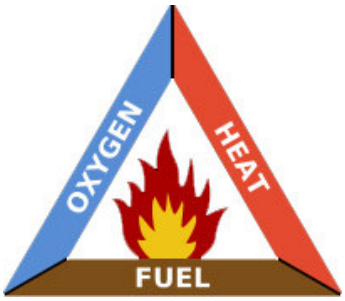
- Best is to build before the first session from each of the types of fire a little model with little wood as demonstration model.
- The participants have to clean the place and their oil drum before leaving. Be sure you calculate some time for that.
- Don't give away the matchbox to participants for they'll use them all.
- Let the fire not be too big but emphasise the objective to try different fire instead of burn the total wood
- Watch out for cubs who want to burn everything… especially hay, grass, leaves, etc.
- When the activity is over, let the participants help(!) empty the oil drum in the ash container. Use pliers or gloves because the tins will be very hot!

Safety

- Be careful with flammable clothing.
- Be careful with flammable materials on the underground
- Cubs are not allowed to use an axe. They can break the wood and larger then they can break they probably don't need
- The oil drum will be hot!
- Make sure you know how to use a fire extinguisher.
- Contact Team Leader for first aid (plasters) and serious injuries.

Background information – Fire triangle

The triangle illustrates the rule that in order to ignite and burn, a fire requires three elements: heat, fuel, and oxygen. The fire is prevented or extinguished by removing any one of them. A fire naturally occurs when the elements are combined in the right mixture (e.g., more heat is needed for igniting some fuels, unless there is concentrated oxygen).



Without fuel, a fire will stop. Fuel can be removed naturally, as where the fire has consumed all the burnable fuel, or manually, by mechanically or chemically removing the fuel from the fire.

Without sufficient heat, a fire cannot begin, and it cannot continue. Heat can be removed by dousing some types of fire with water; the water turns to steam, taking the heat with it

Without sufficient Oxygen, a fire cannot begin, and it cannot continue. Oxygen may be removed from a fire by smothering it with aqueous foam or by enclosing it where the fire will quickly use up all of the available oxygen. A candle snuffer uses this principle.

Background information – Types of fire

Here you can find different types of fire with their (dis)advantages and specific characteristics

"pyramidfire" or "teepee-fire"

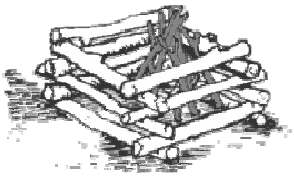
This type of fire is best for starting a fire. Almost each of the types of fire is best started by a pyramidfire. Lots of oxygen can enter this fire and the most fuel is concentrated in the top where the flames go to.
Place the tinder on the bottom. Then gather small dry branches and place them in the shape of a tepee over the tinder. You can use some rope to tighten it at the top. Make a small opening for lighting the tinder. If the fire is burning you can start to build another type of fire around all you already had…

"starfire"

This is a perfect fire when you have big logs but no chance of make them smaller. Further if you haven't that much big wood this fire can help. Last advantage is that this is the only type of fire with you can regulate by pulling the logs out (make the fire smaller) or push them more to the middle (make the fire higher). Start this fire with a pyramidfire and place the big logs around till the start to burn themselves. To cook, just place the pot in the middle.

"A-fire"

This is the fastest fire if there is some wind. The A-shape of the big logs function as a tunnel under which the wind can blow into the centre of the fire, see the arrow. The three big logs are not meant to burn but eventually will if you place them to near to each other. Therefore, use for the logs hard wood (e.g. oak, beech, etc.)



"pagod-fire"

The best fire for a campfire. Because the open structure oxygen can easily come into the fire and make it big and spectacular. Best is to build in the middle a pyramidfire with big logs around. If the big logs are not very secure (start rolling) you can chop little holes on top of the logs where the next layer will lay in. You also can experiment with other shapes than square (e.g. 6 corners of 8).

"lumberjack-fire"

This fire is built between two huge logs from hard wood (e.g. oak, beech, etc.). You place them parallel to the wind so the wind will blow through the "tunnel". At the side where the wind will leave this tunnel you put the logs a little nearer to each other than the entrance side. In that way you can focus the wind more into the fire. Now build a fire between the logs. The logs will eventually start burning but the major fuel comes from the fire and the wood in the inside. You can easily place a pot on top of the logs.

Good Fires

material	description
empty and clean 200 liter oil drum for making fire: cut in two in the length with legs	3 alter fires per base
matches	3 boxes
wood for easy burning (e.g. birch, pine, etc.)	bags of chopped logs
newspaper for fire starting / Birch Bark	1 newspaper sheet per fire
refuse bags	large, strong
fire extinguishers (RED) 6Kg	**recently fully charged**
Hand axe (covered) (sharp)	1 per base
fire blanket 1.2m X 1.2m	1 per base
Adult Carving knife	
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
equipment list	print this list and put it with the gear
picture page and script	A4 sheet in colour

NOTE

Axes must be very sharp

Nettle cord

Introduction

Cord is a very useful item to have on any bushcraft activity. One easy way to have cord with you is to wrap many layers of Sisal around your stomach, this way you don't notice the extra weight. Alternatively you can make your own as you hike along the roadside. Cord can be made from the outer fibres of stinging Nettles. This cord is as strong as sisal and is very flexible. It must be noted at this stage that Nettles are seasonal; they are available from Spring to September.

Activity

Each participant will make their own Nettle cord.

Step 1: collect Nettles

What we are looking for is a Nettle about one Meter long, from the base to the start of the black area on the Nettle. Each participant will be wearing strong work gloves and (their own trusted Clasp Knife) have a sharp bladed knife. Cut the stem of the Nettle close to the base, be careful and protect your face. It is best to have about 3 Stinging Nettles to start with. The next item you will need is a "Basher". This can be a stone or a stick. The stone has to have a flat side and fits into the palm of your hand comfortably. The stick needs to be a branch about 200mm long and about 20mm thick..

Step 2: preparation

You will need to remove the Stinging leaves by pulling the stalk through your close fisted glove several times. Cut off the black part of the Nettle. Again be careful of your face, as the leaves can flutter in the wind. You can now take off your gloves as you have removed all the stings. Find a flat smooth surface (a rock) and kneed down on front of it. You are now ready to make cord.

Step 3: making cord

Starting at the narrow end, bash the stalk many times moving slowly along. The more you beat the stalk the finer your fibres will be. This is a wet process as the juice from the stem is forced out. When you are happy that your stalk is well bashed, pick out the woody bits. The more care you take doing this job the better your string will be. Step on the wide end of the fibres and start winding the fibres in your hand. As you wind your fibres get shorter (see picture board). You have to keep winding until the cord starts to kink. Now fold your cord in half and tie the ends together. Your cord is finished.
To make longer cord, interlock the ends of two or three sets of fibres before you start winding.

Practical tips for the Base Leader

- The participants have to clean the place before leaving. Wear gloves to do this. Collect the leaves and put them to one side, they could be active and still have stings.
- Leave the gloves (palms up) out to dry.
- Dry your knife properly
- Wash your hands

Safety

- Be careful with short pants and t-shirt clothing.
- Do not allow participants to horseplay with Stinging Nettles
- Have antiseptic cream in your First Aid Kit to treat stings.
- Contact Team Leader for first aid (plasters) and serious injuries.

Other uses for Stinging Nettles (*Urtica dioica)*

- Nettle soup
- Die colour
- Medicine

“brandnetel touw”

nettle cordage - corde de l’ortie

Most Primitive Scouting Experience - www.mpse.nl

Nettle cord

material	description
nettles over 1M long	two nettles per participant + spares
Stick / smooth stone for bashing nettles	
firm working gloves	3 pair per base
refuse bags	large, strong
tarpaulins (ca. 3x4m) 1x canopy	1 per base
sisal 3ply 2.5kg ball	50m per base
base boxes' (ca. 0,8m x 0,4m x 0,4m)	1 box per base for all the base materials + reserve
equipment list	print this page and put it with the gear
picture page and script	A4 sheet in colour

Preparation

have stings removed from nettles

Pocket Trangia

Introduction

There are different ways to light a fire. You can use matches, lighter, Flintstones, fire bow, sun parabola, wait for the lightning to strike, etc. We will practice with fire steels and Flintstones. According to the fire triangle you will need fuel, oxygen and heat.

Trying to light a fire half way up a mountain can be a challenge. Fire wood is difficult to find and carrying it isn't really an option. The best was is to bring your own method of starting a fire. One simple method is to make a pocket size "Trangia Stove" and bring it with you.

Activity

To make a pocket size "Trangia Stove" you will need 2 empty "Coke Tins". Any 2 identical diameter drink tins will do.
Cut the bottom off one tin, using the blade to scrape a groove into the tin. Twist the tin until it is cut the whole way around. Put your initials on the bottom of this can with the pencil provided.
Put 3 holes in centre of the bottom of the second can and 6 holes around the perimeter, cut the bottom off it, as before.
Put a small cut on the edge of one can and fold in the flaps, so that they fit together.
Fill the bottom of the tin without holes with cotton wool and squeeze both cans together using the gloves provided.
Your stove is now completed.
Pour mentholated spirits into the centre of the can (about 3 fills). Your stove is now primed to work. Light the tea-light and place the "Stove" over it on the blocks provided. and put the plastic wind shield around it. The mentholated spirits has to boil so that the vapours escape. When the stove bursts into flames remove the wind shield and the tee-light. You are now ready to boil water.
Using one of the "Stoves" put 3 metal tent pegs in the ground around the stove and put a bean tin with water on top of it. Wear the gloves when doing this.
NOTE your stove is now "VERY HOT"

Practical tips for the Base Leader

Have a "Stove" made before the participants arrive and have it lighting
Use the wind shield to keep the Tea-light lighting
When the "Stove" is lighting remove the wind shield and Tea-light for use on the next base
Crush the part of the tin flat you are not using and put it in the "Green" rubbish bag
Be careful of the sharp edge of the cut tin

Safety

- Be careful with flammable clothing.
- Be careful not to get flammable materials on the ground
- The "Stove" will be hot hot hot!
- Let the stove burn out and cool before you move it, it's Hot Hot Hot
- Make sure you know how to use a safety blanket and fire extinguisher.
- Contact Team Leader for first aid (plasters) and serious injuries.

At the end of each session, get the scouts to move their "VERY HOT stoves to one side and have them collect them one hour later when they are cold. Use the two "top half" to scoop and hold and move the HOT STOVES.

Pocket Trangla Stove

Most Primitive Scouting Experience - mpse@iol.ie

MPSE Ireland Deluxe Pocket Trangia

The stove has high walls (double lined) to support your bean tin of water.
The wall has two slots for ventilation.
The base is cut out of the top of the can and acts as a supports and wind shield for your tee-light.
All made from 2 "Coke" tins.

Designed by:- Joseph Robinson

Pocket Trangia

material	description
tins of coke	2 per participant + spares
Stanley blade	standard straight blade
notice board pins	see picture below (strong enough to penetrate the base of a drinks tin)
Mentholated spirits	child proof cap
cotton wool balls	8 per participant
tee light	5 per base
matches	1 box
tarpaulins (ca. 3x4m) 1x canopy	1 per base
wood block 45mm wide, 30mm high, 90mm long	block with Stanley blade fixed to it
small flat head screws	3 #4 12mm long flat head
small pocket size screwdriver	2 per base
fire blanket 1.2m X 1.2m	1 per base
sisal	20m per base
fire extinguishers (RED) 6Kg	**recently fully charged**
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
equipment list	print this page and put it with the gear
picture page and script	A4 sheet in colour
refuse bags	large, strong

Preparation
screw Stanley blade to blocks

Barley twist stick

Introduction

The purpose of the barley twist is simple, it increases knife skill, is nice to look at, gives a stick a better grip area and gives the basis for a lot of other simple carving work, and most important it Increases your Clasp Knife skills. It puts down time, you can (and I have) send hours getting the work just as you like it.
In a survival situation boredom can be deadly, having something simple you can work on for a long time is important and the Barley Twist Stick can be the perfect activity.

Activity

0. Take a stick of roughly spherical wood (any size will do, but I find branches that sit in a grasp to be easiest)
1. Mark out rings around the wood (their distance apart gives the sweep of the spiral)

2 & 3 Mark four lines down the wood, equally spaced out (you are trying to make equal rectangles around the work)
4. Mark out the diagonals of the rectangles (in only one direction)
5 to 8 Carve out the diagonals
9. When the grooves are to your satisfaction round the tops.

Tips and Hints

Get all the participants to sit in a semi-circle (so you can see them all)

Get them to hold the knife as shown in picture 6. (or don't, I find it safest is all)

Do not give a 5-minute warning, just say tools down when time is up.

A marker can be used to do the marking.

A string can be used to help keep the spiral constant (very useful on lager work)

Things you can do.

When making the diagonals (4.) reverse the direct of the diagonal in each rectangle (If you can't follow that (I can't) experiment until you see a diamond pattern emerge) then simple carve out the diagonals and you will have a diamond pattern.

Varying the distance between the rings (1.) changes the slopping of the diagonals, this can be used to make the spiral more interesting, but if taken to far makes the work look disjointed.

When carving out the diagonals (5. to 8.) keep going deeper, and then under cut (or cut across under) the bulging part, if you can hollow out under the bulging parts you should end up with a small pillar surrounded by a freestanding spiral.

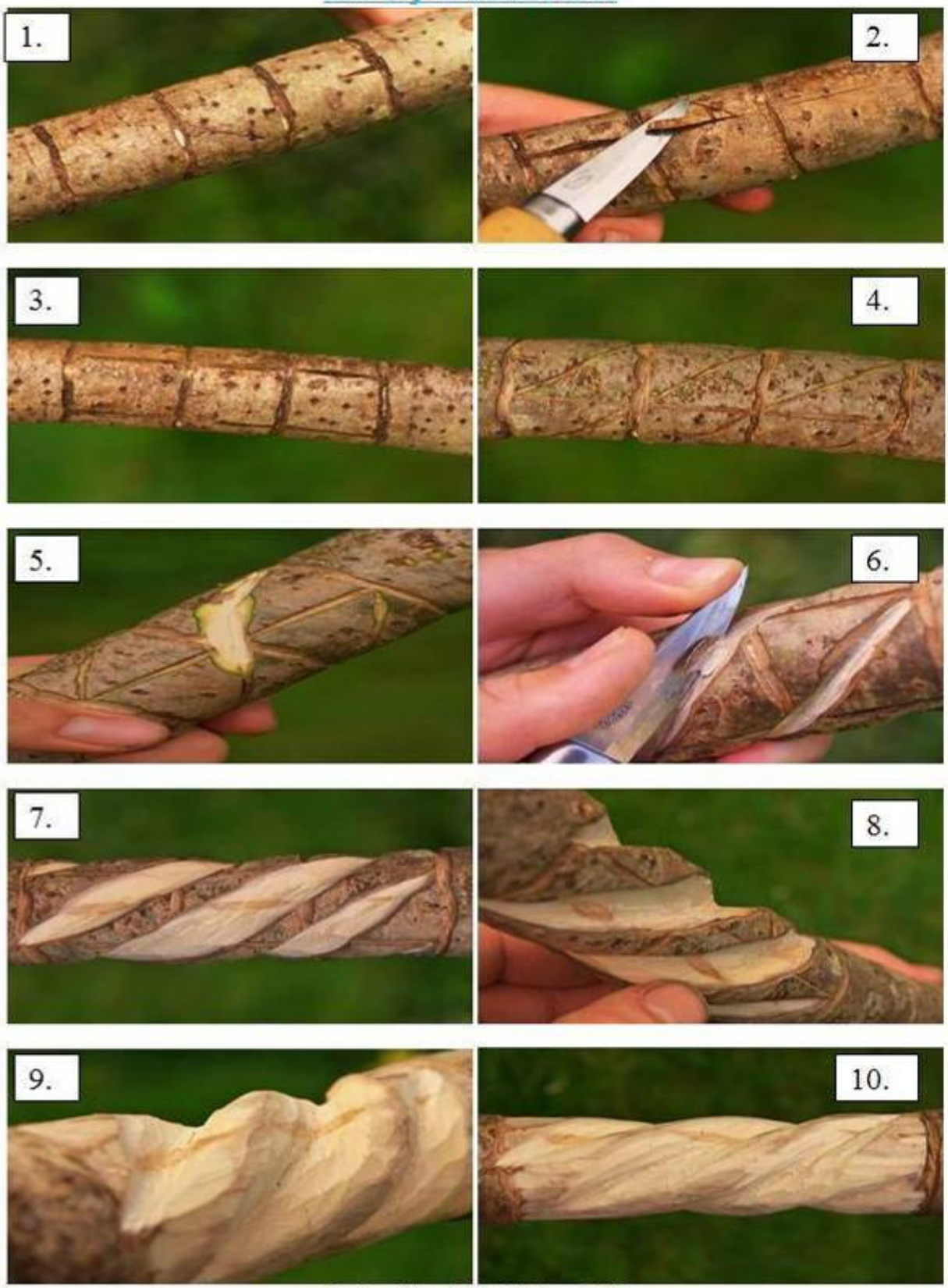
Practical tips for the Base Leader

Have a "Stick" made before the participants arrive

Safety

- Be careful with sharp knives.
- Contact Team Leader for first aid (plasters) and serious injuries.

Barley Twist Stick



Designed by:- Liam Nielsen 2009

Barley Twist Stick

material	description
25 to 38mm thick stick	
Carving knife	
Tarpaulin	
Sisal	
Sandpaper	
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
refuse bags	large, strong
equipment list	print this page and put it with the gear
picture page and script	A4 sheet in colour

Build a water filter

You can make a water filter from a cone of birch bark or **Heavy Duty Canvas**. This cone is then filled with layers of sand, washed charcoal, grasses, and other materials. Grasses and sand help to trap suspended particles. Charcoal helps to remove bacteria and such. You may have to pass the water through the filter more than once, depending on the size of the filter and what it's made of. Generally speaking, the bigger the filter, and the more layers you have in it, the better.

The birch bark cone or **Heavy Duty Canvas** will need to have a fairly small hole in the bottom, about the size of a 10Euro-cent coin. The cone will have to be tied with cordage to keep it from opening up. Put a few stones in the very bottom, to help hold your filtering materials in place. Then pour in layers of washed charcoal, grasses, sand, and possibly other materials that you feel will help to filter out suspended particles and perhaps even bacteria.

Once you have constructed the filter, simply pour impure water through the filer, collecting it in another container at the bottom. It is best to boil the filtered water.

Get permission from the landowner before you cut trees.

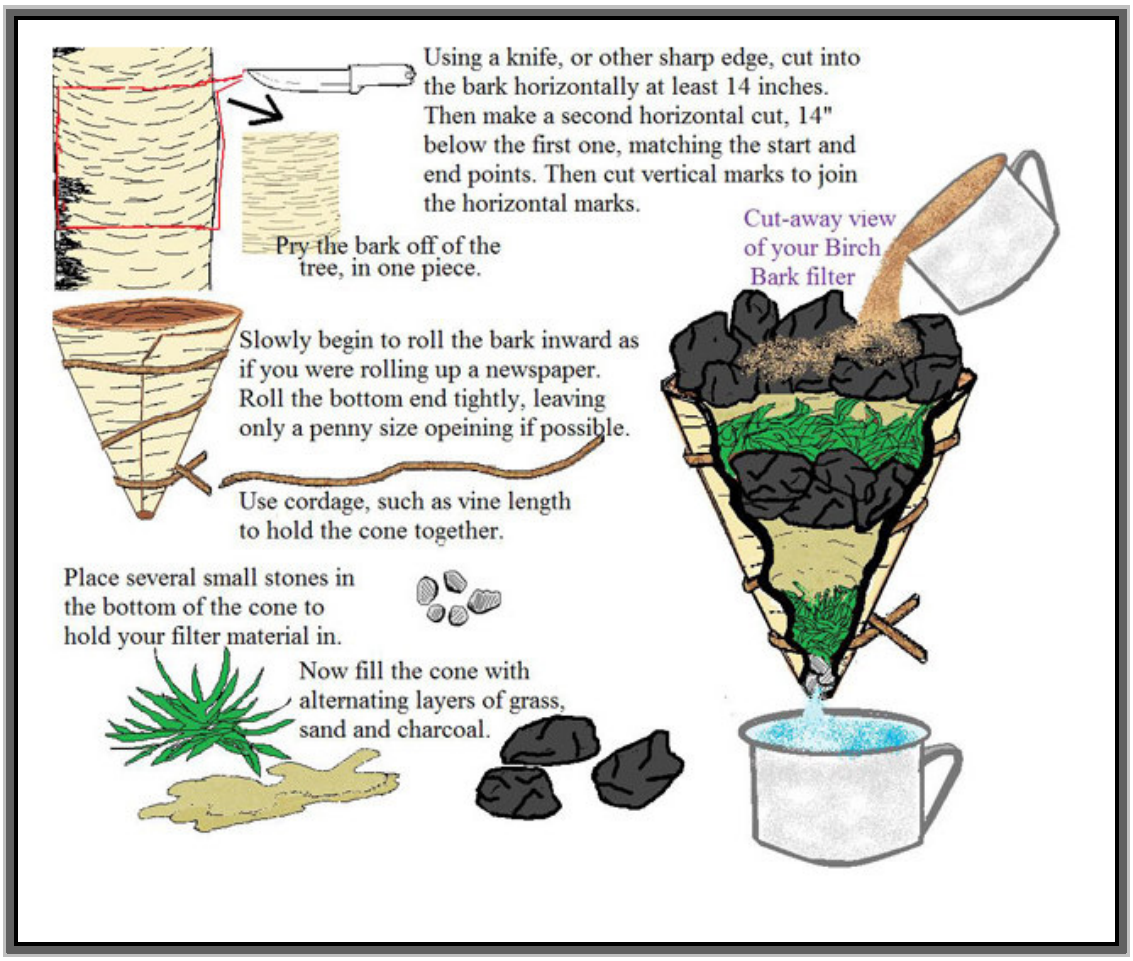


Diagram Copyright 2008 Leatha S. Warden

Check out the website click link below
http://www.wildwoodsurvival.com/survival/water/purification.html
Permission granted to use this article 03-11-2009

Orange Plastic Survival Bag

MPSE IRELAND

The *Orange Survival Bag* is something we hope you never have to use.
Designed to reduce the loss of vital body heat and therefore the risk of hypothermia.
The Orange Survival Bag offers full body coverage and is wide enough for two people! Orange Survival Bag is waterproof and windproof.

Key Features

- MATERIAL : heavy duty polythene
- COLOUR : safety Orange colour
- DISTRESS SIGNAL : international Distress Signal printed on one side
- DIMENSIONS : 1800 x 900mm Weighs only 290g
- COST under €5-00

They are used as an emergency tent substitute if a day trip is accidentally prolonged, to warm up a person suffering hypothermia, from exposure. They are also sometimes used in place of groundsheets.

How to use an Orange Plastic Survival Bag

as per page 238 of the "Scouting Trail".

If you are caught in extreme weather conditions in open countryside without immediate shelter, you could get into your Orange Survival Bag and sit it out.

Put on extra clothing to keep warm and make a wide opening to allow air to circulate. The air hole will reduce condensation in the bag.

Sit off the ground and put your feet into your haversack.

A survival bag in not designed to be used with a sleeping bag for sleeping in. Condensation will develop and it will wet your sleeping bag.

Do not confuse the Orange Plastic Survival Bag with the **"Bivi Bag"**.

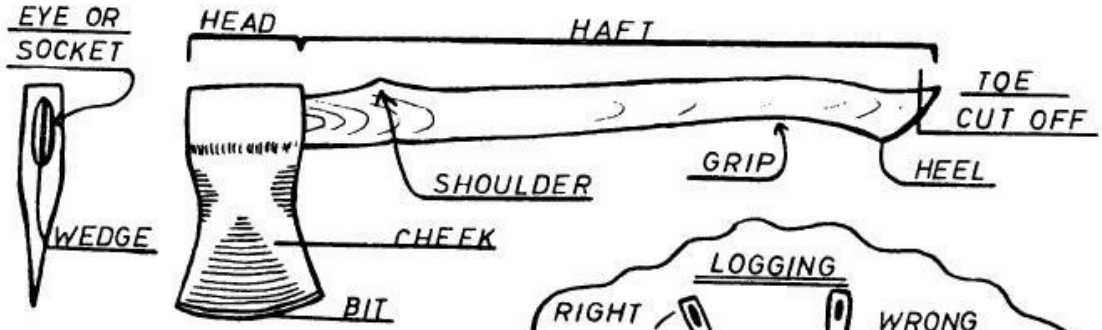
Bivi bags can cost €60-00. A Bivi Bag is a protector for your sleeping bag, made of totally waterproof and breathable material, for use outdoors without a tent, preferably in a sheltered area.

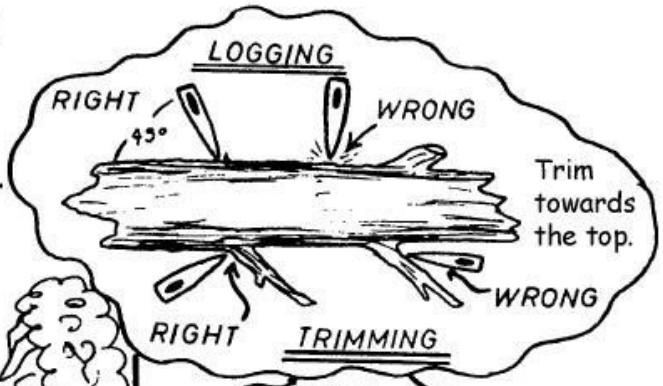
Permission received from the "Scouting Trail" to use the picture.

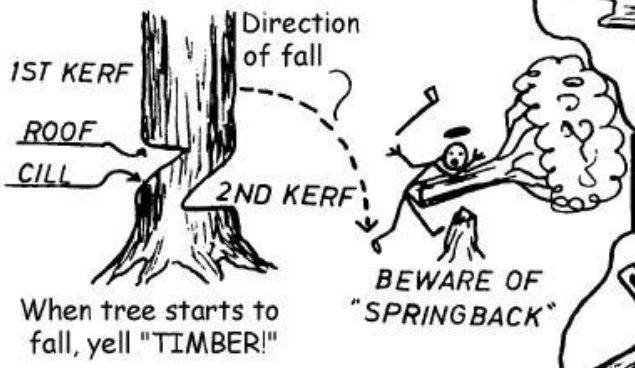
BASIC AXEMANSHIP

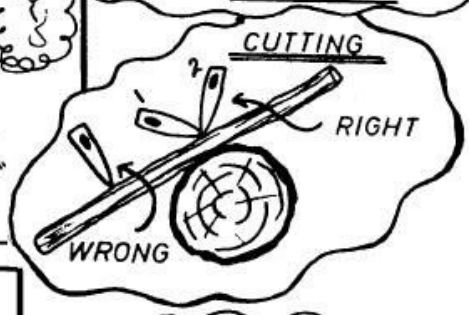
from http://www.scouting.org.za/

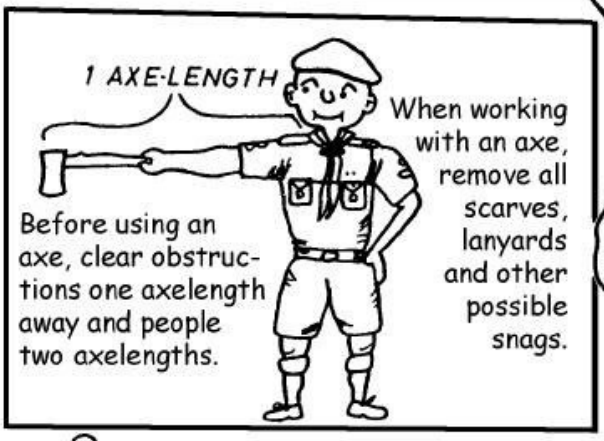
An axe is a dangerous weapon but a useful tool Never play the fool with it. Keep it in good order, oiled, sharp and make sure the wedge is secure.







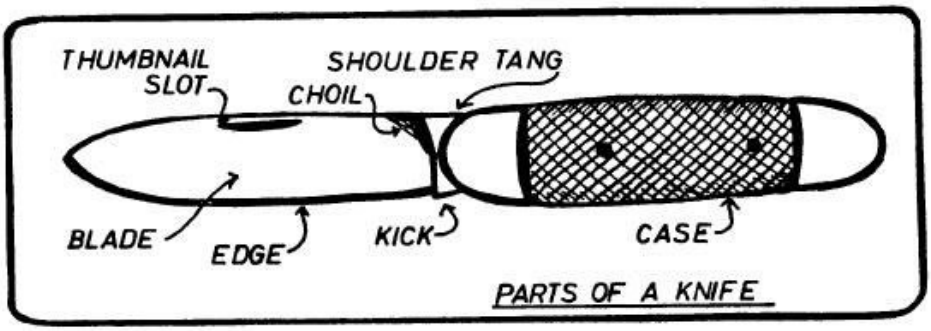




For long life, oil the haft of an axe with LINSEED OIL. When in storage, the head of an axe should be wrapped in cloths which have been covered with grease.

"KNIFECRAFT"

from http://www.scouting.org.za/



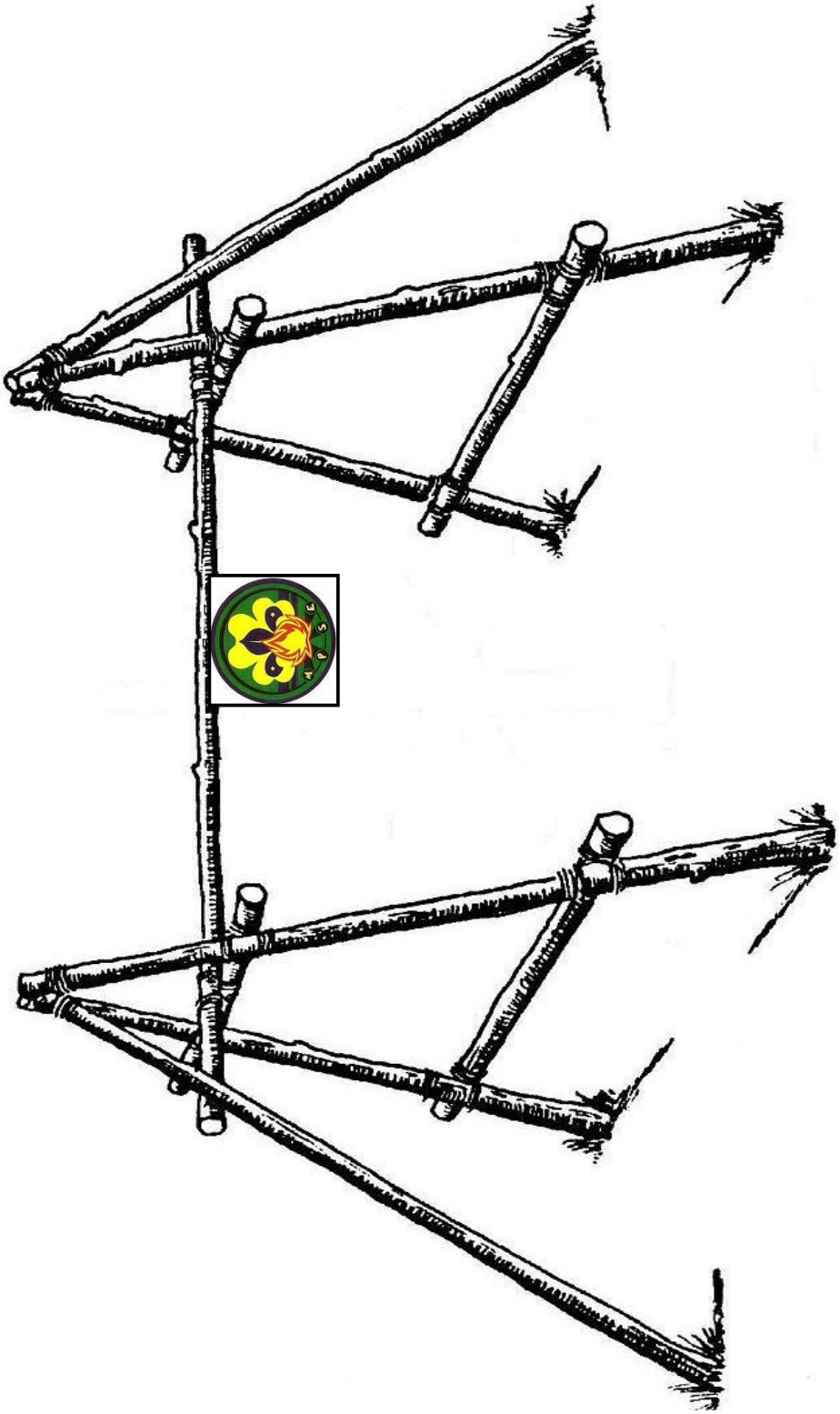
Sharpen a knife on a fairly smooth honing stone which should rest on a firm support.

Clean the blade after use and rub the whole knife with an oil rag on occasions and put a drop of oil on the hinge

DO NOT PLAY THE FOOL WITH A KNIFE - IT IS A USEFUL TOOL BUT NOT A TOY!

Gateway for MPSE

The gateway is not an MPSE base activity.



The gateway is not an MPSE base activity.

The gateway is used to control the flow of participants at an event.
The Gateway will be used for escorting the participants out of the MPSE area and escort new participants in.
All bases start and finish at the gateway.
The gateway is constructed at the start of the weekend and dismantled at the end of the weekend.
Every event **must** have a gateway.
Participants wait at the gateway until they are escorted to a base.

Gateway	
material	**description**
sisal 3ply 2.5kg ball	40m per gate
pioneering wood	lightweight spars 3meter long (8 spars)
mallets	2 per base
refuse bags	large, strong
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	1 box per base for all the base materials
bush saw	2 per base
MPSE Sign	on Loan from MPSE
equipment list	print this page and put it with the gear
picture page	A4 sheet in colour

General Equipment

Material	description
Big tent (marquee Store tent)	storage materials +/- 20x10 MTR
water (tap)	safe for drinking and cooking
trashbins	1 per base + 2 extra
wheelbarrow	
Knife Sharpening Stones	daily maintenance
empty and clean 200 liter oil drum (for burning ashes): top open	collecting ashes
base boxes' (ca. 0,8m x 0,4m x 0,4m) with lid	2 boxes for base materials as reserves
poles for tarps	2meter wood poles with spike
water container (10 to 20 liter)	water containers general use
shovel	general use
bush saw	general use (sharp)
hand file for sharpening Axes	medium
A4 paper	1 packet (ream) 500 sheets
pencils	1 per leader
tarpaulins (ca. 3x4m) with eyelets	2 general use staff area
Boundary posts	1.5m long slim wood post (pointed)
mallets	wooden
fire extinguishers (RED) 6Kg	**Recently charged**
fire blanket 1.2m X 1.2m	
Portable Toilets	one per 100 participants (minimum 2)
plastic bucket with handle	2 for general use
conference name tags	one per participant
round metal tent pegs	staff area + reserves
sisal 3ply 2.5Kg ball	staff area + reserves

MPSE Equipment

material	description
Team Leaders Activity Manuals	one per participant + reserve
1 copy of material list per base	one per base + reserve
Direction Signs	
Picture board set (min A3) 12 pictures	complete set laminated
base sign sets (min 14)	complete set on plastic

Special Equipment

Extra fully stocked First Aid Kit	re-stocked each day
Camera	disposable
accident report forms	**one per 2 participants**
foam mats	For First Aid Tent

Biomass Stove

To-do list

MPSE staff

- Delegate jobs
- Check equipment

Gate signs

1. **Fire**: tin burner, torches, Latvian fires
2. **Bushcraft**: wooden toys, spoons, coconuts
3. **Survival**: smoking fish, shelters, flintstones
4. **Cub Scouts** good fires

Team Leader meeting

- Hand out scripts
- Tell about the activities (brief description)
- Tell about idea/ responsibilities, etc.
- Who is coming on which day? (duty roster)

Building up

- Store tent
- Tepee
- Boundary Fences
- Gates
- Demonstration area

Printing

- Team Leaders scripts
- Excel: material lists
- Activity descriptions for base boxes

Demonstration field:

- Tepee
- solar cooker + pot
- 2x kitchen tarpaulins
- 4x shelters
- Sample campfire
- Tin burners
- Flying flagpole
- Demo fires
- Camp kitchen
- Demonstration table

MOST PRIMITIVE SCOUTING EXPERIENCE

MPSE Ireland

Event Booking Form

Group Name

County Name

Leader / Venturer Name

Address

Home phone number

Mobile phone number

E-mail

Which activity are you applying for?

Dates of activity:

LEADER DECLARATION

I confirm the above details and I have read and accept the conditions for participation in MPSE activities and agree to participate in the true spirit of Scouting.

Signed:

Today's Date:

Enclose a cheque for **€_____per head.**
Made payable to **MPSE Ireland**

Post the form/s and your cheque to
MPSE Ireland, 77 Bishop Rogan Park, Kilcullen, Co. Kildare, Ireland.

RULES

1. The **MPSE** activity is an educational bushcraft activity / weekend.
2. **MPSE** activities are open to Leaders and Venturers. 18 years old or older.
3. Participants **MUST BE REGISTERED MEMBERS** of Scouting Ireland or a Guiding Organisation. Un-Registered members will not be allowed to participate.
4. Participants on **MPSE** activities should follow the directions of the **MPSE** activity staff or their representatives.
5. Each Leader should sign in at the appointed time and place except where alternative arrangements have been made.
6. Inadequately equipped Leaders or members **will not** be permitted to participate.
7. The closing date for **MPSE** activity is two weeks before the event. The cut-off date for return of the completed application form and fees is necessary to ensure adequate preparation for the event.
8. Leaders are reminded of respect for property and the environment whilst on **MPSE** activities and "**LEAVE NO TRACE**".
9. Alcohol or proscribed substances MUST NOT be brought on **MPSE** activities. Participants are expected to participate in **MPSE** activities in the spirit of the Scout Promise and Law.
10. Leaders are responsible for their own transport to and from the activity.
11. Special conditions apply to past participants of **MPSE** activities.
12. **Safety is our prime objective.**
13. Because we provide Razor sharp knives, Bone cutting bush-saws, Amputation sharp axes and loads of Pyromania (fire) at our activities, Alcohol is **NOT ALLOWED** during any of our activities; even a hangover can be dangerous while using our equipment.
14. **There is no need to bring your own knives etc, ours are sharper…..**
15. **Be aware that MPSE uses Coconuts.**

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Most Primitive Scouting Experience
PERSONAL KIT LIST

ALL ACTIVITIES start at 08:30H and end at about 19:30H

All activities will be bases outdoors. **Your safety is our priority.**

- **Personal First Aid Kit,** (include plasters, antiseptic wipes, personal medication).
- Water bottle and snack food.
- Walking boots, or working boots, with lots of thick socks.
- Insect repellent, lip balm, sunscreen, sunglasses, sunhat, shorts, T-shirt.
- Notebook and pencil, (for those memories).
- Torch (plus spare batteries).
- Your Troop Neckerchief & wobble.
- Waterproof clothing (see note below).
- Camera

IMPORTANT HEALTH WARNING

Most Primitive Scouting Experience (MPSE Ireland) shall not be responsible for the adrenal rush you may get while learning your new skills and MPSE cannot be held liable for the addiction to Primitive Scouting it could cause. However, becoming passionate about passing on your new skills to our youth members is encouraged.

Because we provide Razor sharp knives, Bone cutting bush-saws, Amputation sharp axes and loads of Pyromania (fire) at our activities, Alcohol is **NOT ALLOWED** during any of our activities; even a hangover can be dangerous while using our equipment.
There is no need to bring your own knives etc, ours are sharper……..
BE AWARE MPSE USES COCONUTE

OPTIONAL OVERNIGHT IN THE WOODS

If you wish to arrive and stay the night before our activity MPSE must be informed.
mpse@iol.ie You will also need to bring the following:-

- Tent or Tarp.
- Sleeping bag (preferably 3 seasons) Sleeping mat, PJs & your Teddy Bear.
- At least 2 changes of clothing (see note below). Working Gloves.
- Plate, cutlery.
- Towel and wash kit. (Please bring Bio-degradable products were possible).
- You will have to cook for yourself outdoors. Bring food and utensils and camping gas.
- Remember leave **NO TRACE**.

CLOTHING
For all our activities we recommend that you bring practical outdoor clothing that will dry quickly. In cold weather its better to have several layers of clothing rather than one or two heavy layers. You should bring a warm hat, waterproof / windproof jacket & pants. Gloves are optional.

Try to avoid cotton T-shirts, these will stay wet and will conduct heat away from the body. Bring a couple of woolly jumpers or fleeces, (wool is better). Terminals are optional. Avoid Jeans, they take a long time to dry, a pair of old combats or work trousers are ideal.

Wear a smile and bring your sense of honour & your Teddy Bear.

We acknowledge http://www.bushcraftireland.com for the use of their “Kit List”.

Most Primitive Scouting Experience
MPSE Ireland

Leaders Information Sheet

Leaders first name

Leaders surname

Your contact phone number | Home number

0 8 [redacted] 0

Your E-mail address (if you don't have an e-mail please pint your home address on the back of this form)

(Your e-mail address will be circulated to other MPSE members)

Group Number & Name

County Name

Province Name

Leaders position (rank)

Years as a Leader in Scouting | Date of Birth

[redacted] - - [redacted]

day month year age

Most Primitive Scouting Experience
MPSE Ireland

Leaders Information Sheet

Leaders first name

Leaders surname

Your contact phone number | Home number

0 8 [redacted] 0

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[redacted] - - [redacted]

day month year age

Most Primitive Scouting Experience

ACTIVITY REVIEW

Rev—2

Activity Venue:

Date:

Title of Activity:

Please tick your Section/Role:

- ○ Beaver Scout
- ○ Cub Scout
- ○ Scout
- ○ Venturer
- ○ Venturer Scout
- ○ Group Leader
- ○ Commissioner
- ○ Co-Ordinator
- ○ Other ……

How many years you are a Leader / Venturer in Scouting

- ○ up to 3 years
- ○ 4 to 10 years
- ○ 10 to 25 years
- ○ I am a dinosaur, and proud of it. :-)

Please give your overall impressions to the Activity:

Which skills were of most valuable?

a)……

b) ……

Which skills should be deleted and why:

Which Primitive Scouting skills would you like be added:

What was the best part of the Activity and why?

What was the worst part of the Activity and why?

Please give your overall reactions to the administration etc:
CIRCLE the appropriate numbers on the scale:

	Good	Fair	Poor
The Activity	5	3	1
The Team	5	3	1
Administration	5	3	1

YES, I would you be prepared to help MPSE at other events.
Please tick one or more

- ○ Local Events
- ○ Provincial Events
- ○ National Events

Please PRINT your name and contact number here>

If you wish to give your name and, contact number please PRINT here>

The best book for Primitive Scouting is "The Scouting Trail"

THANK YOU FOR SUPPORTING

MPSE @ IOL . IE

Sign up to MPSE on Facebook

ACCIDENT / INCIDENT REPORT FORM

CONFIDENTIAL

Nat. Office Ref. No.

This form should be completed by the Group Leader, or County Commissioner (in the case of a County activity). It should NOT be completed by or referred to the injured person or any person acting on his/her behalf. The form should be returned to National Office within 7 days.
If all the information is not to hand, please return the form immediately and forward this information later.

SIF 10/05
28th Feb 05

Group:	INJURED PERSON (Full name Mr/Mrs/Ms/etc.)

Member of S.I.? Yes ☐ No ☐ If no, was injured person helping run the activity? Yes ☐ No ☐

Home Address: _____

& Phone No. _____

Date of Birth/Age: _____ Occupation: _____

Date & Time of Incident: _____ Type of Activity: _____

Location of Incident: _____

(Full address please) _____

To whom was incident reported? _____

Address & Phone No: _____

_____

Date Reported: _____ Time Reported: _____

Give full description of incident: _____
(Attach all internal investigations/reports)
[Continue on a separate sheet if necessary] _____

_____

_____

Nature and full extent of injuries / damage to property: _____
(please be as specific as possible)

_____

_____

Did injured person: Go Home [ ] Visit Doctor [ ] Go to A&E [ ] Stay in Hospital [ ]

Name of Doctor/Hospital: _____

What treatment was given: _____
Please supply information

_____

CONFIDENTIAL

Names of Witnesses

Name: _____ Name: _____

Address: _____ Address: _____

_____ _____

Phone: _____ Phone: _____

Who was in charge? _____ Position: _____

Address: _____

_____

Was the incident caused by any defect in machinery, equipment or premises? Yes ☐ No ☐

If yes please specify: _____

_____

(Please retain any equipment involved in the incident pending further instructions from National Office.)

How can a re-occurrence of incident be prevented? _____

_____

_____

Name, address & telephone number of Leader or other person who can be asked, if necessary, for further information: _____

_____

_____

==========

I confirm that the particulars supplied herein to be true to the best of my/our knowledge and belief

Signed: _____ Date: _____

(Group activity: Group Leader / County activity: County Commissioner / other: Person in Charge)

Address: _____

_____

Phone No: _____

Please return to: Scouting Ireland
National Office
Larch Hill, Dublin 16

Proposed Press Relies 1

Scouting Ireland
Activities Consent Form

SIF 11/05

General Consent

I / We the parent(s) / guardian(s) of

_____

who was born on _____ / _____ / _____

hereby give permission for my / our child to partake in all activities organised and run by

_____ Scout Group

from _____ / _____ / _____

to _____ / _____ / _____

I / We authorise, confirm and agree that the Scouters specified in the schedule hereto or their nominee shall have authority over our child and the right to give lawful instructions to our child to the same extent as we ourselves, would be able to do so.

Other Details

	YES	NO
Do you give permission and consent that photographs may be taken for promotional and record purposes during activities which may indude your child?	☐	☐
Do you give permission for your child to take part in water activities?	☐	☐
Is your child able to swim?	☐	☐

Medical Consent

I / We understand that in the event of my / our child requiring medical attention all reasonable efforts will be made to contact me / us (or the Alternative Emergency Contact if I / we are uncontactable) at the contact numbers provided on this consent.

In the event of my / our child being taken ill or injured during the period of this consent, I / we hereby consent to any emergency medical, surgical or dental treatment that may be necessary in a situation where I / we cannot be contacted for the purposes of giving consent at the time of treatment. I / We hereby authorise the Scouters specified to communicate our consent to any treating medical or dental practitioner.

I / We confirm that the medical details in relation to my / our child are correct.

Medical Details

These are the medical details of my / our child.

If you answer YES to any question please provide details in the space provided below.

	YES	NO
Has your child any serious illnesses?	☐	☐
Does your child take any regular medications?	☐	☐
Are there any medications that your child is allergic to and/or must not be prescribed?	☐	☐
Does your child have any allergies?	☐	☐
Has your child any special dietary requirements?	☐	☐
Has your child been fully vaccinated? (ie: 3/5 in 1, Meningitis C, MMR, and pre school booster). If not please state what he / she has received, if any?	☐	☐

_____

_____

_____

_____

_____

_____

Family GP Details

Family GP: _____

Address: _____

_____

_____

_____

Telephone: _____

Date of last check up: _____ / _____ / _____

Activities Consent Form (continued)

SIF 11/05

Parent(s) / Guardian(s) Contact Details

Names _____ _____

Phone Numbers: (Home) _____ _____

Phone Numbers: (Work) _____ Ext _____ _____ Ext _____

Phone Numbers: (Mobile) _____ _____

Home Address: _____

_____

_____ Email: _____

Alternative Emergency Contact

Name: _____

Phone Number: _____

Additional Information

Please include any additional information including any special needs or conditions (e.g. travel sickness, sleep walking).

_____

_____

_____

_____

_____

Schedule of Scouters authorised as above

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Signature of Parent(s) / Guardian(s)

Signature: _____ _____

Date: _____ / _____ / _____ _____ / _____ / _____

Scouting Ireland *2 / 2* *Form SIF 11/05*

Contents of the MPSE First Aid Kit

We remember Niamh and Hugh Mc Line at the Jamboree 2008, they and their team of First Aiders (The First Aid Team Fellowship) looked after MPSE superbly.
This is their recommendations for a First Aid Kit to be used at MPSE activities. The contents are calculated for an activity with 100 participants.

The First Aid Team Fellowship is a group of dedicated Leaders / Venturers who wish to promote First Aid within Scouting and to help at Scouting events.

	NAME	**DESCRIPTION**
1	Alco-jell	
4	Ambulance dressing Large	
2	Burn-jell pump	
2	Packet tissue	
4	Crepe Bandage	
4	Conforming Bandages	
1	Face shield for CPR	
10	Gauze (10cmx10cm) Pack of 5	
30	Gloves	
2	Hypothermic Blanket	
4	Ice pack	
10	Non Adhesive dressing	
5	Eye wash	
1	Shears (sissors)	
20	Steri-pads	
2	Tape	
6	Triangular bandage	
2	Waste bags	
1	Insect sting cream	
10	Strip of plasters	
11	Antiseptic cream	
1	Tweezers	
1	Pencil	
20	Scouting Ireland – Accident Report Forms	
1	First Aid Manual	
1	Accident Report Book + pen	

New Primitive Scout Group

Scouting Ireland has developed a new bread of Scout. They are bushcraft Scouts called Most Primitive Scouting Experience (MPSE). The idea of MPSE came from Netherlands and was brought to Ireland during Jamboree 2008. While the Dutch were in Ireland they trained 10 leaders their Basic Skills of Bushcraft. This group of leaders have now set up a fellowship called "MPSE Ireland" and wish to pass on their passion and skills of bushcraft to leaders wishing to join MPSE.

The skills the Irish Scouts can learn are

Fire with flint stones
Smoking fish
Making a coconut cup
Making a wooden spoon
Making wooden toys
Can stoves
Latvian fire
Primitive shelter
Flame torch

We are developing a badge for youth to put on their Rucksack..

Since the Jamboree there has been a lot of interest from leaders about going bask to basic Scouting and developing their skills in Bushcraft. The MPSE team are interested in developing permanent core teams in each Provence that will teach local leaders, who in turn will teach the Scouts how to survive in the wilderness with basic equipment. There is nothing more appealing to a Scout than learning bushcraft skills. The trill of building a primitive shelter and sleeping in it, is exciting. Lighting fires without matches and cooking freshly caught dinner, on a Latvian fire, is satisfying for the mind and body.

mpse@iol.ie

Most
Primitive
Scouting
Experience
IRELAND

While MPSE caters mostly for Scouts and Venturer sections, we have developed some activities for Beavers and Cubs. Our programme covers the requirements in bushcraft for the new programme. Our preferred location for an activity is in a forest. We are aware that the Scouts safety is critical, so we hope to have a team of First Aiders on hand at all our activities.

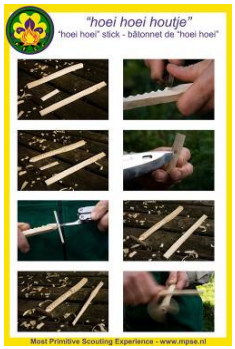
Remember MPSE Ireland wants to expand and would love to hear from Leaders who want to learn bushcraft the **M**ost **P**rimitive **S**couting **E**xperience way. mpse@iol.ie

MPSE Bases

Fire with Flint & Char Cloth
Building a good Fire
Making Coconut Cups
Carving Wooden Spoon
Whittling Wooden Toys
Building Primitive Shelter
Smoking Fish
Using and sharpening an Axe and Knife
Felling and logging up a tree
Latvian Fire
Can Stoves
Fire by Friction
Wild Food
Making Nettle Cord
The Pocket Trangia
Water Filtration
Wild Medicine
Barley Twist Carving
Leave No Trace

mpse @ iol.ie

mpse @ iol.ie



mpse @ iol.ie

MPSE Ireland

Most Primitive Scouting Experience (MPSE Ireland) is a Fellowship within Scouting Ireland which works under the guidance of MPSE Netherlands.

What is MPSE?

MPSE (Most Primitive Scouting Experience) is an International Scouting group which specialises in bushcraft, survival or backwoods skills. MPSE was founded in Holland and now has a Fellowship in Ireland

Who can join MPSE?

Any adult Leader (18+) registered with Scouting Ireland.

What skills do I need?

We will train you with the necessary skills to enjoy primitive Scouting. A passion for the outdoors will help.

Where can I sign up?

mpse@iol.ie

What Leaders said about us?

The **MPSE** base was the best activity during the 2008 Jamboree.

This is something I have a great interest in. Unfortunately I did not get a chance to visit the base as I was busy chasing programme for the scouts and trying to man one of the other bases. If someone wants to start **MPSE** Ireland let me know because I would love to be on board.

As Base Leader I enjoyed every day of camp. Marc Giovacchini from France.

The delight in the scouts faces leaving **MPSE**.

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There is no need to bring your own knives etc, ours are sharper…..

BE AWARE WE USE COCONUTS

We don't do "Handouts"
We don't do "Theory"
We don't do "Lectures"

We **show** you.
You **use** bushcraft.
You **learn** primitive scouting.
We cover safety procedures.

We will show you how to do:

Fire with flint stones
Smoking fish
Making a coconut cup
Carving a wooden spoon
Whittling wooden toys
Can stoves
Latvian fire
Primitive shelter
Flame torch

The mission of **MPSE International** is:-

Through bushcraft activities, **MPSE** International wants to connect Scouts all over the world and let them be aware of nature and their own environment. Within the bushcraft atmosphere, The **MPSE** tries to let Scouts experience the relation between man and nature, which teaches Scouts about their rights and duties towards nature and train Scouts about their global social responsibility.

SCOUTING IRELAND

PERSONAL NOTES

Now available to members of MPSE
MPSE Ireland Hoodies for sale at €35-00 each.

mpse@iol.ie

July 2009 price €35-00

What's New from Version 4.0

New cover page
Programme activity list and index added
MPSE mission and objectives
MPSE Training added
Fire Safety added
Daily Time Schedule added
List of materials revised (15 pages)
Material sources added
Tools added
Smoked fish pictures added
Event booking form revised
Personal Kit List revised
Activity evaluation sheet added
Press release added
Brochure added

4.5
Material sources revised
Staff revised
Melons Base added
Carving Base added
Shelters Base added

4.6
Coconut picture board revised
Shelter picture board added
Fish Picture Board added
Coke Can Stove text added
Hoodie information added

4.7
Barley Twist Base added
Coconut allergic comment added
Leader's information sheet added
Activity evaluation sheet revised

5.0
Name of Handbook changed from MPSE Activity Handbook
Structure of MPSE revised
Training for MPSE revised
Coke Can Stove name changed to Pocket Trangia
New Barley Twist Stick base revised
New Building a Water Filter base added
Orange Survival Bad information added
Activity Review Form revised
Adult Consent Form added
First Aid Kit List added
Staff Revised
What's new list added
Axe added
Knife added
Biomass Stove added

JUST FOR FUN

MPSE Ireland NEW Training course

As you know, every Scout should know how to look after their Clasp Knife and with modern technology MPSE needs to keep up.

MPSE Ireland will soon add a new training session to its list.

It will be a full weeks training or 3 weekends or 6 one day course.

The course will be called "**Using and maintaining your Clasp Knife**".

Giant Knife

87 Implements / 141 Functions

Item No:	16999
Weight:	2 Pounds
Size:	8.75"
Color:	Red
Price:	$1400.00

http://www.wengerna.com/giant-knife-16999

The above course will cost $1.405.00, food and accommodation is extra.

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