



# Billy tea and Damper

## DESCRIPTION

Bush tucker has never tasted as good as Billy Tea and Damper at Log Cabin Camp. Go back in time and ponder images of miners and swagmen sitting around the campfire enjoying a traditional meal of Bush Tea and Damper cooked on an open fire.

With a short walk to the campfire area, campers will find an open area amongst the native bush. This is the spot to start your campfire.

## INSTRUCTIONS

### EQUIPMENT

Damper	Damper sticks
Sugar	Billies
Spreads	Knives & Teaspoons
Milk	Oven Mitt
Cups	Newspaper
Tea bags/leaf tea	Matches

1. Using campers to collect kindling, set and light fires. One fire per 8-12 participants.
2. While coals are establishing, place the Billy on your fire, prepare your drinks, spreads and small portions of damper for each camper.
3. Ten minutes prior to commencing damper cooking, instruct campers how to place damper on damper sticks and the basics of cooking.
4. Ensure sufficient time is allowed for damper to cool before removing from damper stick.
5. Place favourite spread inside damper and enjoy.
6. When Billy boils, remove Billy carefully from fire with the use of the oven mitts. Place 12 teabags in Billy. Allow five minutes to draw, then pour, using either the ladle or a mug as a ladle.
7. Douse fires before leaving the area. Pack up equipment and clean up any rubbish.

**TIME TO ALLOW FOR THIS ACTIVITY:** Allow approximately 90 minutes.

### **SAFETY GUIDELINES:-**

- Check weather conditions and any fire restrictions that may apply to zone.
- Instruct all children how to sit safely around fires with weight on rear leg or on their bottom.
- If any burns or injuries are sustained, consult the designated First Aider for appropriate treatment.

## **LOCATION**

Below volleyball court

## **AGE SUITABILITY**

Any age group.

## **RATIO**

1:10 It is recommended that there is one Instructor/Leader per ten participants.

## **INSTRUCTOR EXPERIENCE**

The instructor should have previous experience in instructing and supervising groups in outdoor activities. Experience in lighting fires is an advantage.

## **ASSISTING LEADERS EXPERIENCE**

Assistant Leaders should have previous experience in instructing and supervising groups in outdoor activities. Experience in lighting fires is an advantage.

## **PARTICIPANT EXPERIENCE**

No previous experience in this activity is required.

## **INSTRUCTOR RESPONSIBILITY**

The Instructor is responsible for camper supervision and behaviour at all times. Overall the instructor is responsible for ensuring:-

- First Aid needs are met.
- Inspecting the fire place and surrounds for hazards. Adequately briefing leaders and participants on fire safety. Ie. No waving of sticks, pushing, running etc.
- Briefing any Assistant Leaders on their roles and responsibilities
- Starting and stoking of fire.
- Identifying participants with medical conditions that may arise during the activities.
- Ensuring the safety of all participants during the activity. Have access to water for emergencies.

## **PARTICIPANT'S RESPONSIBILITY**

Participants are responsible for adhering to the instructions of the instructor and group leaders.

## **PARTICIPANT'S CLOTHING AND ACCESSORIES**

- Solid footwear.
- Depending on the weather conditions.
- Summer - Sun hat and sunscreen
- Winter - Warm clothing, raincoat and a hat.

## **FIRST AID REQUIREMENTS**

A leader from the group should carry a portable first aid kit.