

The Christie  
Charitable Fund



# CAMP OUT

## FOR THE CHRISTIE



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against cancer

Activities pack



# Thanks for signing up! This pack is full of fun things and top tips to help you have a great camping experience.

## The pack includes:

- Top tips on setting up your campsite safely
- Some delicious camping recipes to try
- A selection of popular campfire songs
- Game ideas for kids and grown-ups
- Activity sheets for young people
- Cut out and keep Christie bunting



The funds you raise will help us to provide vital support to our patients and families wherever it's needed most. Thanks to your generosity and efforts we can keep touching the lives of every person who comes to The Christie.

If you'd like to learn more about our work please visit [christies.org](http://christies.org)

We'd love to see what you get up to at your camp out so be sure to share your photos on social using the hashtag **#ChristieCampOut** for us to see!

Below are some tips we hope will help you to have a safe and enjoyable camp out.

**From all of us – happy camping!**

## Top tips

Allow yourself plenty of time to set-up your tent or sleeping area so you have light to see (and the energy to pitch it!)

Ensure you'll be warm enough in your tent by using a sleeping bag or other warm bedding – even in summer it can become cooler overnight

If planning a campfire, please follow your local council/ government guidelines– only do so under approved conditions, take appropriate safety precautions and use the right equipment e.g. a fire pit to minimise any risks

Alternatively you could download and play a virtual fire onto a tablet for some fun without the mess – also handy if you are doing an inside camp challenge!

Avoid using camping stoves inside tents as this is dangerous – follow the manufacturer's instructions

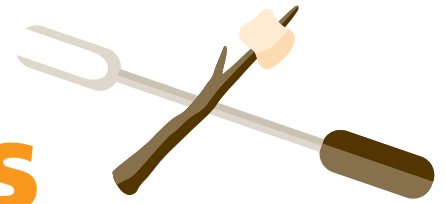
Have a first aid kit nearby, a charged phone for emergencies and bring any medications you need out of the house with you

Don't forget a torch or lantern – and of course your Christie camping challenge pack!

**Please note: you must follow Government guidelines on exercise and social distancing at all times.**



# Delicious camping recipes



Have fun creating some tasty treats

## Chargrilled kebabs

Serves: 4

### Ingredients

4 diced chicken breasts or extra vegetables  
2 diced red onions  
Bottle of barbecue sauce  
2 peppers  
Pack of skewers

### Method

Roll up your sleeves and mix the chicken, peppers, onions and barbecue sauce in a mixing bowl. Thread the chicken, peppers and onions onto the skewers. Carefully place over the barbecue or griddle and occasionally rotate until the chicken is cooked and the vegetables are chargrilled.

## Spider Dogs

### Ingredients

Packaged hot dogs  
1 skewer for each hotdog  
A hot grill/BBQ



### Method

Stick a skewer halfway through each hot dog lengthwise. Cut the free half into quarters, lengthwise. Lay the sliced ends of the hot dogs on the grill. The slices will curl back away from each other as they cook. When the sliced end is cooked and curled, remove the dogs from their skewers, skewer through the cooked end and repeat as above until they are also curled back and you have a spider dog!

## Banana boats

### Ingredients

Bananas, ripe and peeled  
Tin foil  
Milk chocolate chips  
Mini marshmallows  
Chopped pistachios  
Rainbow sprinkles  
Crumbled Oreos  
Sugary cold cereal

### Method

Slice an unpeeled banana lengthwise without cutting all the way through the top or bottom of the peel. Gently open it so it's like a boat, then fill with the toppings of your choice, pressing them into the flesh without squishing. Wrap the banana tightly in foil. Cook in the coals of the campfire/BBQ, away from any active flames, for about 10 minutes. Serve hot.

## Campfire Cones

### Ingredients

Waffle cones  
mini marshmallows  
chocolate chips  
Digestive biscuit pieces

### Optional toppings:

M&Ms, Rolos, bananas, coconut, nuts, peanut butter, whatever you like.

### Method

Layer desired waffle cones with toppings and wrap in foil. Toss in the campfire coals for 5-7 minutes or until everything is nice and melted. They can also be baked in the oven at 400 degrees for 5-7 minutes. Can be assembled ahead of time for a fun treat.



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# Popular campfire songs

Gather around and sing aloud

## One Man Went To Mow

One man went to mow,  
Went to mow a meadow.  
One man and his dog  
And a bottle of pop, and a sausage roll,  
Old Mother Riley and her cow  
Went to mow a meadow.  
Two men went to mow,  
Went to mow a meadow,  
Two men, one man and his dog  
And a bottle of pop, and a sausage roll,  
Old Mother Riley and her cow  
Went to mow a meadow.  
Three men went to mow etc

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## Music Man

**Leader:**  
I am the music man  
I come from down your way.  
And I can play

**Reply:**  
What Can you play?

**Leader:**  
I can play the Big bass Drum

**Together:**  
Boom Boom Boom Boom.. etc

**He can also play:**  
The Dambusters, Match of the day, Bouncy Chair, etc.

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## Old MacDonald's Farm

Old MacDonald had a farm  
E-I-E-I-O  
And on that farm  
He had a cow E-I-E-I-O  
With a moo moo here and  
A moo moo there  
Here a moo, there a moo  
Everywhere a moo moo  
Old MacDonald had a farm E-I-E-I-O.

(other verses with different animals)

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## Alice the Camel

Alice the camel's got five humps  
Alice the camel's got five humps  
Alice the camel's got five humps  
So go Alice go, boom, boom, boom.  
Alice the camel's got four humps,  
three humps, two humps, got one hump,

Alice the camel's got no humps...  
So Alice is a horse!

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# Camping fun and games

Embrace your competitive side

## Water Relay

A hilarious game for a hot day, each person will need a cup to play. Players stand in line, single file. The person at the front of the line has a full cup of water, all of the other cups are empty. The first person dumps the water out over his head into the next person's cup (without turning and looking). The person behind tries to catch as much water as he can. Play continues down the line until the last person has caught the water in their cup – if there is any left! Then they race to the front of the line to start over... but they may need to fill their cup first.

## Squirt Gun Races

To play this game, make a line of empty plastic drinking cups along the edge of a picnic table. Fill a squirt gun with water. On go, squirt the cups until they fall off the edge of the table. You can play with multiple players and see who can knock the most cups off, or you can time each player to see who can clear the table the fastest.

## Torch Tag

This is a fun game to play at the campsite once it gets dark. Give the tagger a torch and play tag as you normally would, except the tagger uses the light of the torch to "tag" people. Once a player is "hit" with the light they are out and play continues until everyone has been caught, or the player becomes the tagger.

## Nature Scavenger Hunt

Create a list of objects to find in nature, or print out our fun nature scavenger hunt list before you leave home. If you are making your own list, ideas may include butterflies, clover, an interestingly shaped rock, ladybugs, etc. Choose 10-15 items to look for. Pair up into teams and head off on a hunt. See who can find the entire list of objects first.

## Hiking Stick Limbo

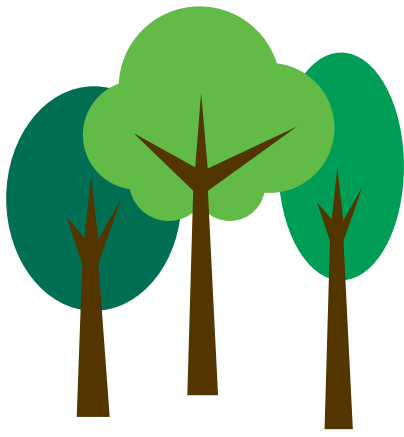
This version of the limbo dance is much like the broomstick version, except you use a hiking stick as your limbo bar. Head to the woods to find the perfect hiking stick then get your limbo on. Don't forget the fun music!

## Sleeping Bag Races

This is much like potato sack races except you will use your sleeping bags to hop along to the finish line in. If you are worried about getting them dirty or damaging them, using your bin bags can be fun too.

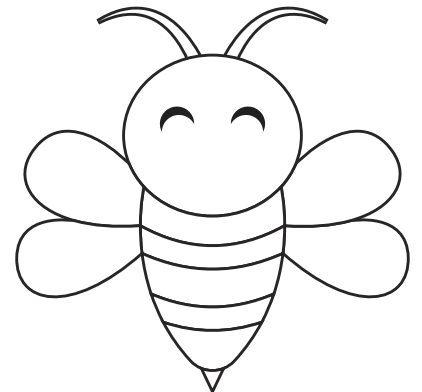
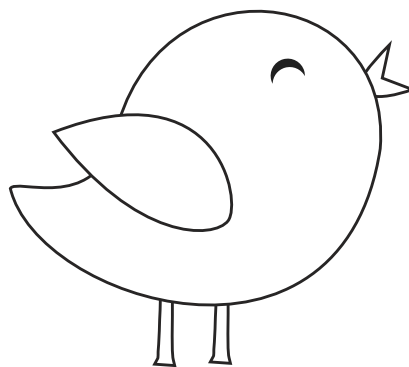
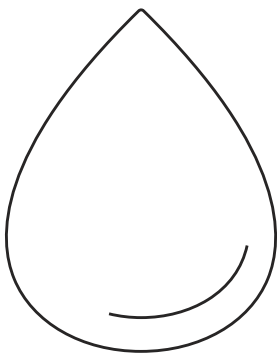
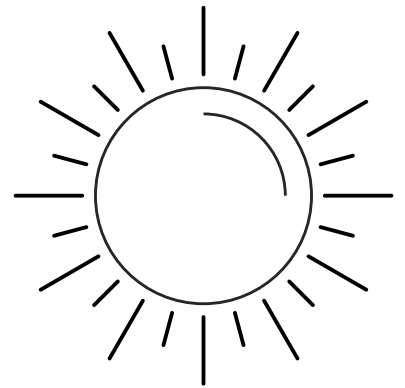
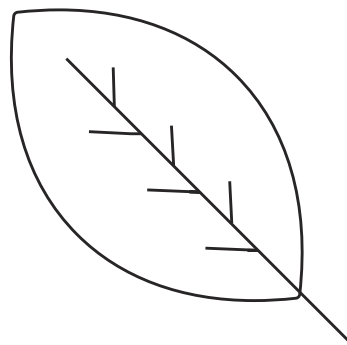
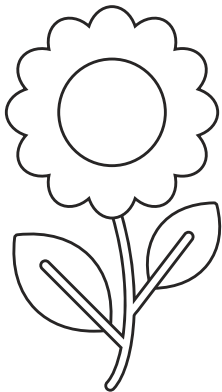
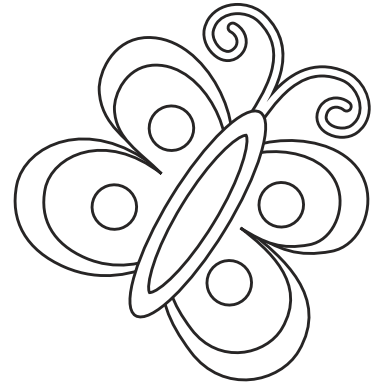
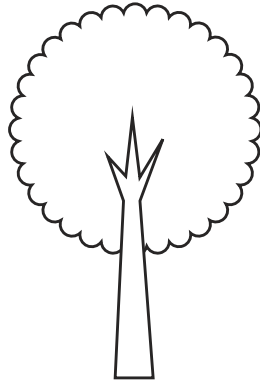
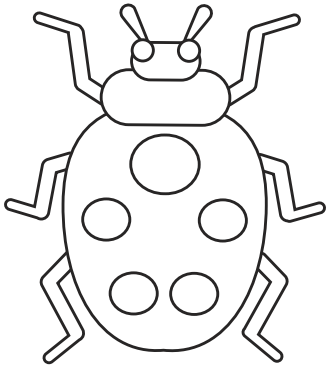


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# Nature scavenger hunt

Go hunting for the items below and colour them in as you find them.



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# Decorate your camp



Just cut along the dotted lines  
and attach your pennants to a length  
of string by folding over the top flap and  
sticking with tape.

Don't forget to upload photos of your event to  
Facebook and Twitter so we can see your camp  
in all its glory – bunting and all!