

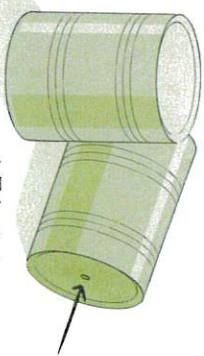
MAKE A TIN CAN TELEPHONE



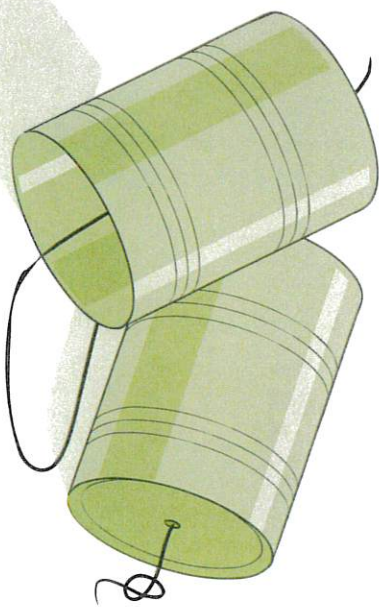
AN improvised telephone set made out of tin cans – are you sure? Would you believe you can chat to your chums down a line made of string? Have a go at this fun activity and you'll find you have to believe your own ears!

YOU WILL NEED

- Hammer and a thick nail
- 2 empty clean, dry metal cans with the lids removed (take care not to leave any sharp edges)
- 3–4 m (10–13 ft) thin cotton string



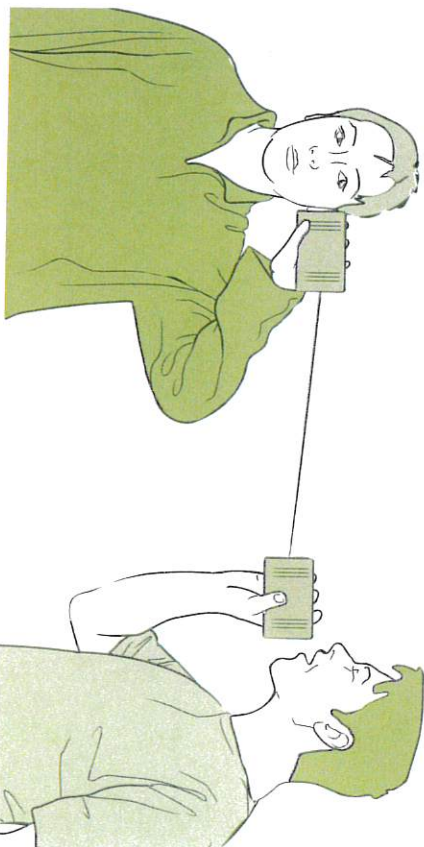
1. Take the hammer and nail and punch a small hole in the bottom of each can. Each hole should be just large enough so that the string will go through.



2. From the outside, insert one end of the string into the hole in one can. Tie a couple of knots in the end of the string so that it won't slip back through when pulled tight. Do the same with the other end of the string and the other can.

3. With one person holding each can, stretch the string so that it is taut. You'll find that if you talk into a can, the other fellow, by putting his ear to the other can, will be able to hear what you're saying.

Don't try listening around corners, though. If your string comes into contact with a brick wall or a door, the sound will be lost and never reach the other can.



BEACH-TOWEL VOLLEYBALL



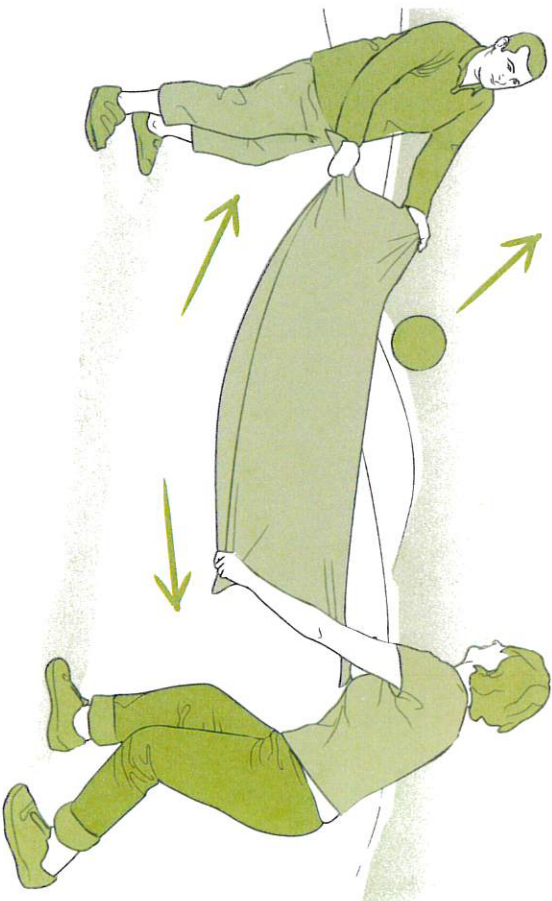
THIS variation on beach volleyball is great fun when a few pals are hanging out together on the beach. You'll find you soon become pretty adept at sending and catching the balloons – and some unlucky chap might well end up getting a bit of a soaking.

YOU WILL NEED

- Four or more people (you need an even number)
- Beach or open area
- Rope or volleyball net
- One towel for every two people
- Balloons filled with water

TIPS

- *If you'd like to be a little more competitive, try using a beach ball instead of a balloon*
- *Remember, communication is the key. Keep talking and make sure you are all heading in the same direction*



PLAYING THE GAME

A water-filled balloon is placed on the towel of one of the pairs. The pair must then work together to flick their towel, propelling the balloon into the air, across the net to the other team. One of the pairs on the other team must then try to catch the balloon with their towel and return it the same way.

SETTING UP

Set up a volleyball net or tie a rope down to mark the centre of the court. Divide into two teams of equal sporting prowess and direct each team to stand on either side of the net. Each pair should have one large beach towel and each person should grab two corners of the towel, so that it is spread between the pair.

WINNING THE GAME

It's up to you! You can keep points, try to get as many as possible of the volleys back and forth without dropping the balloon or just see who ends up the wettest!

MAKING A KITE

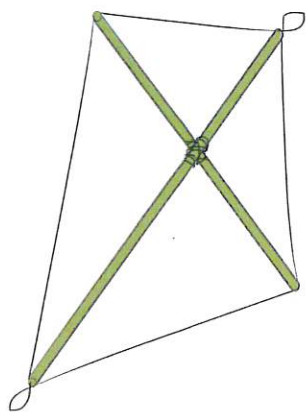
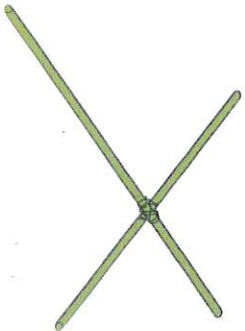


IT'S always a blast flying a kite on a blustery day, but if you've made your own kite it can be even more fun. Here's an easy-to-assemble kite you can make while at camp.

YOU WILL NEED

- Two strong, straight wooden bamboo canes or dowelling rods, 90 cm (36 in) and 102 cm (40 in) long
- String
- Knife to make notches
- Scissors
- Sheet of strong paper or cut-open bin-liner, 102 cm (40 in) square
- Pens or paints
- Sticky tape or glue
- Ribbons

1. Carve a notch deep enough to hold the string in each end of the canes. Place the shorter one across the centre of the longer one to form a cross. At the crosspoint, tie the canes together with the string.



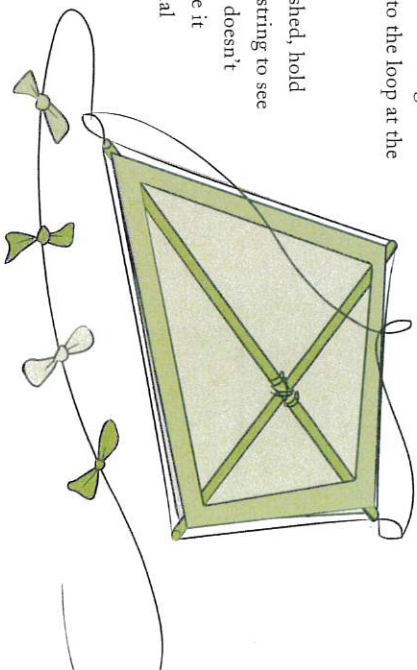
2. Cut a piece of string long enough to create a frame for the kite. Make a loop in the top notch and fasten it by wrapping the string around the cane. Stretch the string around the four points of the crossed canes, making a similar loop at the bottom. Secure by wrapping the string a few times around the top of the cane and cutting off what you don't need. This string shouldn't be slack, but it shouldn't be so tight that it bends the frame either.

3. Lie the paper or bin-liner flat and place the cane-and-string frame facedown on top. Cut around the frame, leaving about 2–3 cm ($\frac{3}{4}$ –1½ in) around the edges and fold these over, taping or gluing them around the frame, so that the material is taut. Decorate your kite, using bright colours to ensure it can be easily identified in the air.

4. Cut a piece of string about 120 cm (48 in) long and fix it to the loops at the top and bottom of the kite. Create another small loop in this string just above the intersection of the two canes. Attach your flying line to this loop.

5. Make a tail by tying a piece of ribbon every 10 cm (4 in) along a short length of string and attach it to the loop at the bottom of the kite.

6. When you're finished, hold your kite up by the string to see if it's balanced. If it doesn't hang evenly, balance it by sticking additional paper to one side.



MAKING A STRETCHER



THE outdoor life can be thrilling and exciting, but there is a downside to that element of danger – injury. Any sensible adventurer is prepared for the eventuality of an accident and in an emergency will be able to fashion a makeshift stretcher.

Caution: improvised stretchers will not give sufficient support in cases where the casualty is suffering from fractures or extensive wounds to the body. They should be used only when the person is able to withstand bending, bumping or twisting without serious consequences.

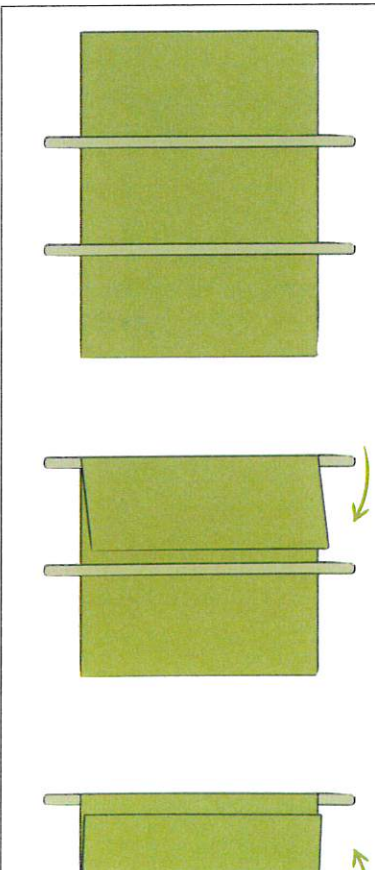
YOU WILL NEED

- 2 wooden poles, about 2.5 m (8 ft) long and 5–10 cm (2–4 in) thick
- Large blanket or tarpaulin

THE BLANKET STRETCHER

Ensure the stretcher is carried by two people strong enough to bear the load and keep the injured person's bodyweight in the centre of the blanket.

1. Position the two poles in the centre of the blanket about 50 cm (20 in) apart.
2. Fold the left side over.
3. Fold the right side on top.



THE SHIRT STRETCHER

If you don't have a blanket to hand, try threading two shirts or two pairs of trousers on to your poles.

