



Group Camping with
Camping & Volunteering Adventures (CAVA)
FAQs

Key Principles

Fun
Sharing
De-commodification
Helping others
Leave No Trace
Participation

CAVA Group Camping FAQs

1. Why does CAVA exist?

We exist for three reasons. Firstly, in our increasingly technological world we seek to rediscover our connections with each other. Secondly, we seek to rediscover our connection with nature and lastly we believe that to change the world for the better we need to give a bit of our time each month to do something good.

2. What can I expect from a group camping trip with CAVA?

Group camping with CAVA is an extraordinary camping experience. We are a community that does some amazing things together!! You will have fun cooking in a group, preparing meals for everyone, playing games and doing woodcraft activities. All activities are optional and open to everyone. We are a very diverse group of people from all walks of life. We love to simply relax, do some good, make friends and enjoy the fantastic natural surroundings.

3. Where do we normally camp?

We camp in all kinds of locations including beaches, waterfalls and mountains. Our most popular trips are the beach camping trips but our waterfall camping trips are also getting very popular. We normally stay at beautiful organized campsites and if we aren't - this will be made clear in the event description.

4. How big is each camping trip and is there any maximum number of participants?
We limit the number of participants to sixty for each trip but we have several groups that do trips at the same time. So you are sure to find a space!!
5. How do I register and pay for the camping trip?
We will open the registration one to two weeks before the trip. The registration link will be sent to you by email, WhatsApp and it will also appear on the event page. Everything is very clearly explained on the form and if you have any problems there is a number to message.
6. Is the camping trip expensive? What's included & what's not included?
We are a non-profit organization hence we're trying our best to make each camping trip as cheap as possible. The contributions from you are for things like the campsite fees, boat transfers, food and drink throughout the trip, all cooking equipment, activities, equipment transport, equipment repair, tents, tarps and website fees. Transportation to the trip meet-up point is normally not included as we encourage a car-pooling system. This helps lessens our environmental footprint by reducing the number of cars on the road and saves you money. Lastly, you can also make your own arrangements for transport and we will always help you find transport.
7. How to car-pool?
You could be a passenger but you could offer yourself as a driver too!! All costs can be shared among the passengers and the driver. Drivers decide how much you would like to split the cost by. Passengers offer to help by sharing the costs of fuel and any tolls along the way. The car-pooling spreadsheet with instructions will be available when registration opens. Look at the locations and then contact the driver that is closest to you.
8. What should I bring to the camping trip?
All camping essentials are listed in Appendix 1 attached.
9. Can I bring kids to the trip?
Our current camping trips don't allow kids under 18. This is due to the legal implications of having children on an organized trip. Asians countries in general have very strict child protection laws and this makes running a trip with kids difficult.
10. What if I injure myself at the camping trip?
Depending on how serious the injury is, it is possible to have basic first aid treatment for light injuries at the camping trip. For anything more serious we have a designated medical person who can look after you and take you to hospital if need be. But this has never happened!!
11. What if my stuff goes missing during a camping trip? Is there a lost and found?
Yes, we will keep anything left behind at the camping trip as lost and found. But be careful with your valuables and keep them safe.

Appendix 1

CAVA GROUP CAMPING

THE ESSENTIALS

- Tent (we also have them for hire)
 - Sleeping bag (light)
 - Sleep mattress
 - Inflatable/ camping pillow
 - Tarp/ Groundsheet (we have these for hire)
 - Raincoat
 - Two or three changes of clothes
 - Dry-fit t-shirts & pants
 - Comfortable t-shirts & shorts
 - Undergarments
 - Plastic bags for dry and wet clothes
 - Sturdy walking boots/shoes/trainers
 - Small 10L hiking backpack
 - Sandals/flip flops (to change into when relaxing in the evening)
 - Sun hat
 - Swimming stuffs
 - Sunglasses
 - Towel
 - Big smile!!
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Appendix 2

CAVA GROUP CAMPING

OPTIONAL EXTRAS

- A small gift to someone SPECIAL
 - Vitamins & Supplements
 - Personal first aid kit
 - plasters, various sizes
 - small bandage
 - antiseptic swabs
 - surgical tape
 - small scissors
 - safety pins
 - tweezers
 - paracetamol, ibuprofen
 - arnica cream
 - antiseptic cream/gel
 - Lighter
 - Swiss Army knife multitools or fixed blade camping knife
 - Head torch/ torchlight (with spare batteries)
 - Fully charged power bank
 - Fully charged smartphone
 - USB portable fan
 - Ziplock bags/ Dry bag for phone, cash, passport & IC
 - Own drinking water
 - Personal snacks/sweets/cereal bars/drinks/ beers/ alcohol
 - Books/cards/games
 - Mosquito repellent
 - Bite cream
 - Hand sanitizer
 - Wash kit/ toiletries (shampoos, toothbrush, toothpaste, face wash)
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