

# CAMP WILDERNESS FAMILIES

## 2 DAY ITINERARY

Below is an example of the itinerary you can expect on our 2 day family camp. Please note that this is a sample and is subject to change.

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### Day 1

#### **Arrival and Welcome to Camp**

#### **Fire Lighting**

You will learn the basic principles of fire and the fire triangle. You will be shown a variety of ways fire has been made over years, and put this knowledge into practice, lighting fires using these methods.

#### **Lunchtime – BBQ Kitchen over your own fires**

#### **Shelter Building**

You will learn why we need shelter when we are living outside and the types of shelter from different societies and nationalities across the ages. Each family will build their own shelter, using natural woodland materials.

#### **Wilderness Cookery**

Families will have the chance to learn about cooking over a fire and get hands on with preparing and cooking food.

#### **Water Collection and Purification Techniques**

You will learn all about collecting water in the wild and how to ensure it is drinkable. There is also a fun challenge to complete as a family.

#### **Evening Games**

The children will have a chance to play with their new friends in the woods while parents can relax around the campfire.

#### **Dinnertime – Venison Kebabs.**

#### **Evening Wilderness Walk**

You will take an evening walk through the woodland and learn about the plants and trees around you.

#### **Fireside Stories**

The first day concludes with marshmallows and hot chocolate around the fire while the instructors tell you stories of their adventures.

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### Day 2

#### Breakfast – Big Cooked Breakfast

#### Trap Making

The children will be taught why it is important to find food in remote settings, and how this has been achieved over the ages. Our instructors will demonstrate trapping methods, before the children design and build their own traps. Parents can relax with a hot drink around the fire- be careful though, you never know when you might walk into a trap.

#### Foraging and Bush Tucker Trial

You will have the chance to learn what you can and can't eat in the woodland and you will forage items to make a Bushcraft salad. Then we will challenge you to our very own Bush Tucker trial and see who is the bravest in your family.

#### Bushcraft Challenge

Each family will participate in a series of fun but challenging initiative exercises that will really put them to the test, both mentally and physically. This is a great team-building activity and demands trust and communication.

#### Lunchtime – Campfire Roast.

#### Leave No Trace and Depart Camp

It is always important to make sure you leave the woodland as you found it so we will introduce you to our Leave No Trace procedures before you make your way home.

