

A group of people, including children and adults, are running through a lush green field in a forest. The field is filled with tall grass, and the background is a dense forest of tall trees. The scene is bright and sunny.

CAMP
wilderness

CUFFLEY CAMP
PARENTS PACK
5 DAY CAMP

wilderness CAMP

CUFFLEY CAMP

CARBONE HILL, CUFFLEY, POTTERS BAR, HERTFORDSHIRE, EN6 4PR

DROP OFF: 11AM - PICK UP: 2PM

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WELCOME LETTER

Dear Parents,

We're so pleased that you've chosen Camp Wilderness and look forward to welcoming your child/children for a real outdoor adventure this summer. You can find all the information that you need to prepare for camp here in your 'Parent's Pack'. Of course, if you have any further questions or queries, please feel free to call on **03332 004 469** or drop us an email a hello@campwilderness.co.uk

You will have received an automatic email from us requesting all of your child's dietary, medical, medicine administration, contact and buddies information. Please fill this in no later than 1 month before the camp date so that we can effectively plan for your child on camp.

This form also includes all consent and code of conduct forms which need to be agreed to. Without these filled in and signed we will not be able to confirm your booking.

A full **KIT LIST** can be found in this pack, please make sure that everything that comes to camp is labelled clearly with your child's name. Camp can be a muddy place, so please don't send your child with any expensive kit... we are very happy for them to come in their old clothes. Ps. We do recommend bringing a pillow too as it is much comfier but not essential!

We have a '**no tech**' rule on all our camps! Camp Wilderness is an opportunity for children to get away from the busyness of their everyday lives and spend time away from their screens. Please do not send your child to camp with their phone, or any other high value electricals. Any phones that arrive on camp will be stored in a safe box, so that we can ensure they don't get damaged. If we need to get in contact with you regarding your child's welfare, our staff will have a full list of parents contact numbers and will be in touch directly.

Camp drop off is on the previous page and detailed **DIRECTIONS** to camp can be found within this pack. Please use these, along with the specific postcode/what.three.words included, rather than the main estate address found on Google, as we have our own specific drop-off/collection areas within the estates. We've included a map for you to refer to, however should you get lost, feel free to call into the office and we'll help to direct you.

Should you need to contact us you can speak to our team in the office on **03332 004 469**, they will be able to get in touch with camp directly. At drop off you will be provided with the Duty Managers number for any urgent matters outside of office hours. Pick-up from camp is between 2pm, at the same place you dropped your child off.

Please make sure that you have collected all your child's belongings, as sadly we can't be responsible for lost property.

We're really looking forward to seeing you at drop-off and of course to meet all our campers. Best wishes,

Camp Wilderness

03332 004 469

hello@campwilderness.co.uk

WHAT DOES CAMP LOOK LIKE?



Central Yurt And Campfire



Camp Kitchen



Bushcraft Games



Inside Our Bell Tents



Trapmaking Demonstrations



Our Woodlands

SAMPLE ITINERARY

Below is an example of the kind of activities your child might do on their 3-Day camp... please bear in mind this is just a guide and we update the activities each year. A full itinerary will be supplied before the camp.

Day 1 (11am)

Arrival and Introduction to Camp

Fire Lighting

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

Lunchtime – BBQ Kitchen

Shelter Building

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

Camp Craft

This is a chance for the tribes to develop a tribal identity, making fun tribal flags, dances and songs.

Dinnertime – Pasta Bolognese

Evening Games

SAMPLE ITINERARY

Day 2

Breakfast – Big Cooked Breakfast

Camouflage & Concealment

The children will take part in a fun camouflage and concealment exercises, employing team tactics and making the most of their surroundings to camouflage themselves and evade capture.

Lunchtime – Pizza Kitchen

Wilderness Walk

On the wilderness trail, the students will work through a series of observation lanes, sand pit and sensory games and learn how to recognise animal tracks, enhancing their sensory skills and having fun at the same time.

Dinnertime – Veg Curry

Evening Games

Day 3

Breakfast – Pancakes

Animal ID & Tracking

The children will be taught to identify animal tracks, other signs of disturbance, and how to categorise animals by the way they move. They will learn to move silently whilst stalking, and the art of camouflage and concealment.

Cutting Tools

The children will learn about the different tools used in the field of Bushcraft, both primitive and modern, and reasons for their use. They will be taught safe handling techniques and will make their own tent peg.

Lunchtime – Ponassed Salmon

Target Sports

The children will rotate through a variety of target sport related activities including archery tag, field archery and tomahawk axe throwing.

Dinnertime – Chili Con Carne

Evening Games

SAMPLE ITINERARY

Day 4

Breakfast - Big Cooked Breakfast

Plant ID & Foraging

The children will learn how to identify several plants and trees, as well as their many medical and nutritional properties.

Wilderness Cookery

We will show the children how to manage a fire safely and responsibly and how to cook a simple, delicious meal using fresh, season ingredients over the fire they have built.

Lunchtime – Wilderness Cooking

Scenario SOS

The children will put their new skills to the test and work in teams, using navigation to locate a simulated plane-crash scene, where they will treat the casualties and make improvised stretchers to evacuate them back to camp.

Dinnertime – Beef Stew

Tribes Got Talent

This is a fantastic way to spend the final evening, participating in our trademark talent competition, in which each tribe performs a skit, dance or song which they will have been practicing all week. All the students enjoy themselves and it is always brilliantly amusing, and at times, astonishing, as the students show off their skills.

Day 5

Breakfast – Fruit, Yoghurt & Granola

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 each tribe designs and builds their own trap.

Bushcraft Challenge

The teams 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 – Vegan Wraps

Leave No Trace

KIT LIST

Essential

- Large rucksack (or alternative bag/suitcase)
- Small rucksack for daytime away from camp
- Warm sleeping bag (season 3)
- Roll mat
- Tracksuit/hard-wearing trousers
- T-shirts
- Warm jumpers/fleece
- Waterproof jacket and trousers
- Warm socks and underwear
- Footwear (2 pairs e.g. walking boots, old trainers)
- Towel(s)
- Wash bag (including toothbrush, toothpaste and face wipes)
- Water bottle
- Good torch with fresh batteries
- Insect repellent
- Alcohol Hand Gel

Optional

- Sleeping bag liner
- Pillow
- Pyjamas
- Whistle

Weather dependent

- Wellington boots
- Warm hat and gloves
- Sun cream
- Sun hat

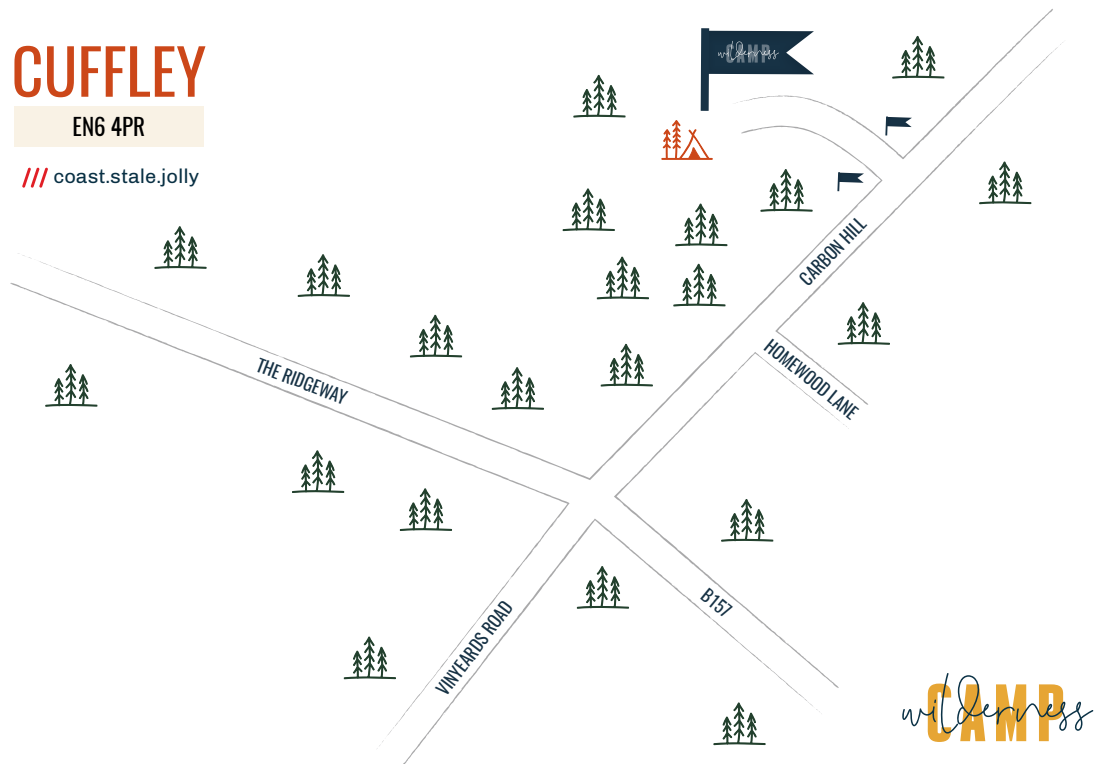
What not to bring!

- Please don't send your child with any high value items, we are very happy for them to come in their old clothes
- Please don't send your child with any sweets/food
- Please don't send your child with any electricals

Please make sure that EVERY item is clearly labelled with their name

DIRECTIONS TO CUFFLEY CAMP

Cuffley Camp, Carbone Hill, Cuffley, Potters Bar, Hertfordshire EN6 4PR



Due to our rural location, your satnav may not recognise the postcode with accuracy. Please use the map above with the following directions to help with the final part of your journey.

ENTERING FROM POTTERS BAR

Head north-east on High Street A1000 towards Oakmere Lane, turn right onto The Causeway B156, continue to follow B156 for 1 mile. At the roundabout, take the 1st exit onto Northaw Road W B156. Turn left onto Vineyards Road, continue onto Carbone Hill for 0.5 miles and you will see 'The Bushcraft Company' banners on your left.

ENTERING FROM HERTFORD

Head north-west towards St Andrew street, drive along B158, Robins Nest Hill, Church Rd, Newgate St Village and Carbone Hill Turn left onto St Andrew St, continue onto North Rd. At the roundabout that the 1st exit onto Cross Ln A119. At the roundabout take the 1st exit onto Hertingfordbury Rd A414, at the roundabout take the 3rd exit onto Hale Rd B158.

At the roundabout take the 1st exit onto Pegs Ln B158. At the roundabout take the 1st exit onto Hornsmill Rd B158. Turn left onto Robins Nest hill, turn left onto Church Rd, continue onto Epping Green, Newgate St and Newgate St Village. At the roundabout take the 2nd exit onto Carbone Hill for 0.6 miles and you will see 'The Bushcraft Company' banners on your right.

DIRECTIONS TO CUFFLEY CAMP

Cuffley Camp, Carbone Hill, Cuffley, Potters Bar, Hertfordshire EN6 4PR

PUBLIC TRANSPORT

The nearest station to Cuffley is Cuffley Train Station, with trains running from London every 45 minutes. Cuffley Camp is then a 10 minute taxi ride from the station, we would recommend booking a taxi in advance, as this is quite a small station.

Please contact **03332 004 469** with any questions or for further assistance.



FAQS

HOW DO I KNOW CAMP WILDERNESS IS A REPUTABLE SUMMER CAMP SUPPLIER?

Camp wilderness is run by The Bushcraft Company - a leading provider of school trips and leavers camps for schools across the country. We are the largest providers of Bushcraft based camps in the UK.

WHAT IS YOUR OVERALL PHILOSOPHY?

At Camp Wilderness it is our aim to provide children with real outdoor adventures, allowing them to escape from their high-tech lives, all within safe and beautiful woodlands.

WHAT'S INCLUDED IN THE PRICE?

Our camps are fully inclusive, and all food including snacks, will be provided. This means there's no need to pack any extra tuck! We have a complete No Nut policy on camp - please respect this.

DOES CAMP WILDERNESS ACCEPT CHILDCARE VOUCHERS?

At Camp Wilderness, we provide an outlet for outdoor education as opposed to childcare, so are not registered with Ofsted. This means that we are sadly unable to accept childcare vouchers for our summer camps. As an organisation that works with young people we are members of and inspected by a number of outdoor adventure governing bodies, which include:

- Bapa (British activity provider association)
- The council for learning outside the classroom (lotc)
- Adventuremark is a non-statutory safety scheme devised by the adventure activity industry advisory committee (aaiac)
- Institute for outdoor learning (iol)
- Royal society for the prevention of accidents (rospa)

ARE YOUR CAMP STAFF DBS CHECKED? (PREVIOUSLY CRB CHECKED)

Yes, every member of our staff has had an Enhanced DBS check and we have safe guarding officers on site.

FAQS

WHAT QUALIFICATIONS/CERTIFICATIONS DO YOUR STAFF HAVE?

Our team have a great deal of experience running camps of this kind, having worked for the rest of the year delivering school trips. They also receive extensive in-house training, as well as obtaining qualifications from national governing bodies for specialised activities, including archery and swimming. All camp leaders are first aid trained, and our field cooks have food hygiene certificates.

HOW MANY MEMBERS OF STAFF WILL BE ON THE CAMP WITH THE CHILDREN?

During camp the children will be split into 'tribe' groups, these will be groups of up to 10 children. Overall, we operate our camps on a ratio of 8 children: 1 member of staff.

WHAT HAPPENS IF IT RAINS?

Our camps have large tipi-structures where activities can take place if we have any inclement weather - most of the time, we continue whatever the weather, as we're often shaded by the tree canopy.

WHAT IS YOUR POLICY ON MOBILE PHONES AND ELECTRONICS?

We have a 'no tech' rule on all our camps! Camp wilderness is an opportunity for children to get away from the busyness of their everyday lives and spend time away from their screens. Please do not send your child to camp with their phone, or any other high value electricals. Any phones that arrive on camp will be stored in a safe box, so that we can ensure they don't get damaged. If we need to get in contact with you regarding your child's welfare, our staff will have a full list of parents contact numbers and will be in touch directly.

WILL THERE BE A MEMBER OF STAFF ON DUTY AT NIGHT?

Every night, there will be staff on duty, who'll sleep centrally. The children are informed who those staff members are and where they will be each evening.

WILL THERE BE FEMALE MEMBERS OF STAFF AT CAMP?

Yes, we always aim to have at least one female member of staff on each camp.

DOES MY CHILD NEED TO COME IN A GROUP OR CAN HE/SHE COME ON HIS/HER OWN?

Many of the children come to camp on their own and have a wonderful time. They always leave with lots of new friends and it's a great time for them to build their confidence and develop new skills.

FAQS

MY CHILDREN WANT TO COME TOGETHER BUT ARE DIFFERENT AGES. CAN THEY BE ON THE SAME CAMP?

Yes, if you would like your children to be in the same 'Tribe', please add their names to the 'Tribe' buddies' section of the website. This can be found by signing in, clicking campers, edit next to the name of your camper and then adding the tribe buddies names in the tribe buddies section.

WHAT IF MY CHILD DOES NOT SETTLE AT CAMP?

It's very rare for children not to settle at camp but if your child is unhappy for any reason, not resolved by one of our staff, your child's camp leader will contact you directly.

WILL I HEAR FROM YOU WHILST MY CHILD IS ON CAMP?

On the middle day of your child's camp we will send out an email, to let you what the children have been up to. This will be a general email about the camp – for safe guarding purposes we cannot give individual updates on each child but we will get in touch with you if there is something you need to know.

Other than this, we always say, 'no news, is good news' when it comes to camp communications. If you have any worries or concerns during camp and need to get in touch with us please give us a call on 03332 004 469 and someone in our customer service team will be able to help. If you are calling about an emergency, outside of office hours, please call the Duty Managers number which will be provided to you before camp.

CAN PARENTS VISIT DURING CAMP?

Sadly, we are unable to allow any parents to visit children on camp.

WHERE DO THE CHILDREN SLEEP?

The children sleep in groups of 8-10, in large single-sex bell tents at the camp.

IS THERE SWIMMING AT EVERY CAMP?

No, sadly we are unable to offer swimming.

WHAT KIND OF FOOD DO THE CHILDREN EAT DURING THE SUMMER CAMPS?

Our meals are freshly prepared on site, and include meat, fish, fruit, vegetables, bread and pasta, as well as plenty of snacks. Typical meals include spaghetti bolognaise, roast salmon and stir fry and falafel wraps.

DO YOU CATER FOR SPECIAL DIETARY REQUIREMENTS?

Yes. We cater for all dietary requirements and pride ourselves on providing delicious alternative meals for halal, kosher, lactose-free, wheat-free, coeliac, pescatarian, vegetarian and all other diets.

FAQS

MY CHILD HAS A MEDICAL CONDITION. WHO SHOULD I TELL?

After booking your child's place, we will ask you to fill out a form with any medical conditions, where you can outline any details. This can be found in the Campers section of your account. If your child will need to take any medication on camp, please make sure that you have completed a 'medicine form' which can be found in your parents pack and hand this over with the medication, labelled with your child's name when you drop them off at camp

WHAT HAPPENS IF MY CHILD IS UNWELL OR HAS AN ACCIDENT PRIOR TO CAMP, SO CAN NO LONGER ATTEND?

Please give us a call to let us know that your child will no longer be attending. If we cannot help you rearrange for another camp in the same summer season, we will be able to refund 50% of the booking if you let us know 28 days before the camp starts. After 28 days prior to camp unfortunately we will not be able to refund any monies.

WHAT HAPPENS IF MY CHILD BECOMES UNWELL ON CAMP?

If your child becomes unwell on camp our staff will get in touch with you to discuss what's going on. If we agree that we can deal with the illness on camp, such as offering some painkillers for a mild headache, then we will do so - with your permission. If we believe that your child is too unwell to remain on camp, or is contagious, we will arrange with you to come and collect them.

WHAT ARE THE TOILETS LIKE?

Our loos are flushing porta-style loos like you might find at a festival. We do not have gender specific porta loos as they are single cubicles. You may want to communicate to your child prior to camp that any tissues, wet-wipes or sanitary items (including the packaging) can be flushed down the toilet. Please also reassure them, that if they have any problems at all surrounding toileting they can speak to any of our staff about this.

WILL MY CHILDREN SHOWER?

On 5-day summer camps, children will shower once. Hand-washing, and general hygiene is very important on camp. On any camp we do have access to showers if one is needed due to an accident or period.

FAQS

WHAT IS YOUR DISCIPLINE POLICY ON CAMP?

Camp Wilderness has a responsibility for ensuring the well-being and safety of all children whilst on camp. We recognise the importance of encouraging positive behaviour, as well as outlining clear guidelines for staff dealing with poor behaviour, to ensure the well-being and safety of all children. Our behaviour policy offers guidelines to management, staff, the parent(s)/guardian(s) and children regarding acceptable behaviour whilst on camp. This policy also covers the course of action that will be taken if behaviour is deemed unacceptable. Camp Wilderness strives to promote positive behaviour which should be honoured by every child and member of staff at camp.

WHAT ARE YOUR SECURITY/SAFETY POLICIES?

The safety and security of children and staff are extremely important to us. To ensure all children and staff are secure with as minimal risk as possible, we aim to restrict all external access to the camp. When it is impossible to lock all external access, we will endeavour to have all external gates closed to prevent unwanted visitors. Staff are responsible for monitoring the entrances and exits to the camp throughout the camp.

WHAT SHOULD I DO IF I'M RUNNING LATE ON PICK-UP DAY?

If you are running late just give us a call and we will be able to let our camp staff know when to expect you.

HOW DO I FIND MY CHILD'S LOST PROPERTY?

Sadly, we are unable to take responsibility for items left behind on camp, so please do a double check that you have collected all your child's belongings at pick-up. Any items that are left behind will be returned to our head office and kept for 3 weeks, before being donated to charity. Please make sure that every item is clearly labelled and please don't send your child with any high value items, we are very happy for them to come in their old clothes!



wilderness CAMP

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 [campwildernessuk](https://www.instagram.com/campwildernessuk)  [escapetothewild](https://twitter.com/escapetothewild)  [campwildernessUK](https://www.facebook.com/campwildernessUK)