

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

# CAMP wilderness

**SAMPLE ITINERARY**  
3 DAY CAMP

**BOOK NOW**

**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.**

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## Day 1 (10am)

### **Arrival and Welcome 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**

#### **Camp Craft**

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

#### **Camouflage & Concealment**

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

#### **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.

#### **Dinnertime – Pasta Bolognese**

Evening Games

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## Day 2

### Breakfast – Big Cooked Breakfast

#### Wilderness First Aid

The children will learn basic skills to cope with a medical emergency in the wild, including how to construct a simple stretcher from the items you have on you, and how to improvise and effective splint.

#### Knife Skills

### Lunchtime – Pizza Kitchen

#### 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.

#### Survival Bracelets

### Dinnertime – Lamb Stew

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## Day 3

### Breakfast – Porridge & Fruit

#### 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.

### Lunchtime – Falafel Wraps

#### 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.

#### Strike Camp (2pm)



# *wilderness* CAMP

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