

A group of children are running through a grassy forest clearing. The children are wearing various casual clothing like t-shirts and shorts. The forest has many tall trees with green leaves, and the ground is covered in tall grass. The scene is bright and sunny.

# CAMP *wilderness*

**SAMPLE ITINERARY**  
5 DAY CAMP

**BOOK NOW**



# SAMPLE ITINERARY

**Below is an example of the kind of activities your child might do on their 5-Day camp... please bear in mind this is just a guide.**

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## Day 1 (11am)

### **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.

#### **Water Purification**

The children will learn how to recognise dehydration, and the effects it can have on the body. They will be shown how to collect, filter and purify water in a remote environment, using various methods.

#### **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**

# SAMPLE ITINERARY

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## Day 2

### Breakfast – Big Cooked Breakfast

#### Knife Skills

The Children will learn about the different types of tools used in the field of Bushcraft, both primitive and modern, and the reasons for their use. They will be taught safe handling techniques, helping them to understand how to manage risk effectively.

#### Clay Craft

Tribes will have the chance to make models out of clay to identify their tribes, or make a souvenir to take home.

### Lunchtime – Pizza Kitchen

#### Signal Fires

#### Wilderness First Aid

The students 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.

### Dinnertime – Veg Curry

## Day 3

### Breakfast – Pancakes

#### Knife Skills & Bowdrill Set

Building on the skills the children learned yesterday they will advance into making their own bowdrill set.

### Lunchtime – Chilli

#### Target Sports

The students will rotate through a variety of target sport related activities including archery tag (a team challenge similar to paintballing with bows and foam-tipped arrows), field archery and tomahawk axe throwing.

### Dinnertime – Salmon

#### Evening Games

# SAMPLE ITINERARY

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## 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

#### 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

#### 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 – Porridge

#### Bracelets

#### 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 – Falafel Wraps

#### Strike Camp (3pm)





*wilderness*  
CAMP

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