

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 ED STAFFORD ADVANCED 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.

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

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.

SAMPLE ITINERARY

Lunchtime – Pizza Kitchen

Signal Fires

The children will learn how to use signal fires to show signs of distress or to communicate with other camps.

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.

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.

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.

Wilderness Cookery

We will show the students how to panasse a salmon and roast it over the fire which they will be able to try with their evening meal.

Dinnertime – Salmon

Evening Games

SAMPLE ITINERARY

Day 4

Breakfast - Big Cooked Breakfast

Trap Making

The children are taught how to make a variety of different animal traps and what they would be used for. They will learn the pros and cons of the traps.

Navigation

We will teach the children natural and orienteering navigation techniques using the forest around us.

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

Ed Stafford Challenge

This afternoon we embark on our Ed Stafford designed challenge. The children will be tasked with finding their way to another part of the forest and setting up either own camp. There will be tasks along the way.

Day 5

Breakfast – Porridge

Debrief & Bracelets

We will debrief how the challenge went - what would they have done differently and what went really well will be our main focusses as any explorer knows that assessing how your adventure went is as important as preparing for it! While we do this the children will have a chance to make survival bracelets.

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 (3pm)



wilderness
CAMP

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