



*wilderness*  
**CAMP**

*Mountain Adventure*

**THE TOWERS - PARENTS PACK**  
**5 DAY CAMP**



# wilderness CAMP

## THE TOWERS

THE TOWERS, BETWS-Y-COED, CAPEL CURIG, CONWY LL24 0DR

DROP OFF: 10AM - PICK UP: 3PM

### What's in this pack?

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Welcome letter	3
FAQs	4
What does it look like on camp	9
Sample itinerary	10
Kit list	12
Map of estate	13
Consent form	15
Medicine form	16

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# WELCOME LETTER

Dear Parents,

We're so pleased that you've chosen Camp Wilderness Mountain Adventure 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 at [hello@campwilderness.co.uk](mailto:hello@campwilderness.co.uk).

If you haven't already completed the dietary and medical details we require for your child/children, please do this as soon as possible.

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. On camp we will be hiking up hills and going underground, so please don't send your child with any expensive kit... we are very happy for them to come in their old clothes.

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 at 10am and detailed **DIRECTIONS** to camp can be found within this pack. Please use these, along with the specific postcode 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.

When you drop your child/children to camp we will require whoever is dropping them off to sign them in and let us know who will be collecting them. We will also require a signed **CONSENT FORM**, that again, can be found in this pack. Please note, only a parent or guardian can sign the consent form, so if someone else is dropping your child off, you must make sure they have a signed consent form with them.

If your child will require any medication on camp, please make sure that this is labelled clearly with your child's name, and you have filled out a **MEDICINE FORM**, again in this pack, these should be handed to our staff at drop off.

We will send out an email half way through camp, so you know what is happening and the adventures we have been up to. 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. If you are calling about an urgent matter, outside of office hours, a duty manager will be available to speak to 24 hours a day. Please call us on **03332 004 469** and you'll be directed to the Duty Manager who is on call at that time.

Pick-up from camp is at 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 & Towers Team**

03332 004 469

[hello@campwilderness.co.uk](mailto:hello@campwilderness.co.uk)

# WHAT DOES CAMP LOOK LIKE?



**Canoeing**



**Climbing**



**Mountain walks**



**Accommodation**



**Mine exploration**



**Dining room**

# 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 (10am)

### **Arrive morning. Gorge Scrambling Afternoon**

Gorges are unique environments, simultaneously beautiful and challenging. Gorge scrambling is a team activity, requiring all members to play a part in getting to a set point in the gorge.

Set in a deep river bed, surrounded by rock, boulders and trees, our instructors will encourage individuals to lead the way whilst looking after their fellow team members. There will be various individual and team challenges which include wading through pools, jumping from rock to rock, wiggling through small gaps and sometimes jumps and swims in deep pools.

Participants will learn the value of risk management, clear communication, support for others, an appreciation for a unique environment, and what can be achieved when our comfort zones are stretched. However, above all, the gorge is a fun, wet and wonderful place to spend some time!

**Lunch** - Sandwiches, Homemade flapjack, Fresh fruit and crisps

**Dinner** - Burger kitchen, Beef or veggie burger with brioche bun, fries and coleslaw with Toppings and sauces.

### **Evening Games**

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## Day 2

**Breakfast** - Cereal, Sausages, hash browns, baked beans and bread roll

### **Mine Exploration**

Mining is an underground adventure; a journey through a slate mine into a dark lost world. Slate mining is a big part of the heritage of North Wales. There are a number of mines which we explore which offer an intriguing view into the past.

Groups will journey through tunnels, up and down inclines, into huge chambers and around deep pools. Exploring the artefacts left behind brings to life the bygone age of an industrial life. Groups will gain an insight into a different time and culture, learn a little of the hazards of being underground, take part in route finding and navigation and be challenged, in numerous ways, by this very different environment. Mining is a full day activity which includes a walk to a from the mine situated in the mountains.

**Lunch** - Baguettes, Chocolate brownie, Fresh fruit and crisps

**Dinner** - Beef Bolognese or Penne Vegetable, Garlic bread, Tomato and Olive salad

### **Evening Games**

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# SAMPLE ITINERARY

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## Day 3

**Breakfast** - Cereal, Bacon, eggs, beans, bagels and Orange juice

### **Canoe / Bushcraft**

Canoeing is a team activity requiring communication, coordination and goal setting. We use open canoes, similar to "Native American Indian Canoes" for exploring on our local lakes and rivers. A canoe paddle has a single blade. Our canoes are suitable for all abilities from beginner to expert. Each canoe can seat 2 to 3 people and often with younger paddlers we "raft" canoes together to form a stable craft for games and journeys alike. Groups learn how to take care of their own safety by wearing appropriate equipment and assessing the water environment, paddle their canoe and go on a journey across, around the lake, or down the river. We teach the basic skills in a fun, informal way including playing games, setting challenges and having races and water fights! In the warmer months, when the weather allows, there is often chance for a dip in the lake for those brave enough.

Canoeing is a full day activity and often has the addition of some bushcraft around lunchtime. Young people learn about fire and its hazards, how to use tools safely and an understanding of how to use natural environment responsibly by adopting a "leave no trace" approach. The aim is to be able to make the fire to boil water for hot chocolate and marshmallows, a welcome addition on a day of exploring.

**Lunch** - Sandwiches, Homemade flapjack, Fresh fruit and crisps

**Dinner** - BBQ Chicken Legs or sweet potato, spinach and Coconut Curry, Long grain rice and Naan breads

### **Evening Games**

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# SAMPLE ITINERARY

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## Day 4

**Breakfast** - Cereal, Croissant with jam and Fresh fruit

### **Coasteering**

Coasteering involves exploring the rocky coastline, scrambling, climbing, swimming and jumping into the water. It is a challenging wet activity requiring a high level of teamwork.

We use venues on Anglesey which offer a challenge for beginners upwards. Our instructors will encourage teamwork and responsibility throughout the session. Climbs, swims and jumps are all managed to a level appropriate to the teams ability.

Those taking part will learn how to move on rock, how to look after each other when challenged, develop an appreciation of the marine environment, develop personal confidence, stretch their comfort zone and get wet!

Coasteering is a full day activity and is often combined with sea level traversing.

**Lunch** - Baguettes, Chocolate brownie, Fresh fruit and crisps

**Dinner** - Chilli beef tacos or Chilli beans, Grated cheese, Tomato salsa, Potato wedges and Sweetcorn salad

### **Evening Games**

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## Day 5

**Breakfast** - Cereal, Sausages, hash browns, baked beans and bread roll

### **Mountain morning. PM leave**

To be in Snowdonia is to be in one of the most sublime areas of the UK. High mountains bring their own challenges and rewards, which are immeasurable. Mountain walking is all about inspiring views, and physical challenge. We have the choice of high mountains or smaller coastal peaks. There is a mountain to suit every ability.

Our instructors tailor make the day building in key skills of navigation, route finding and pace. We make the most of what the mountain has to offer including scrambling, weather watching and spotting plant and animal life. Participants will learn about mountain hazards and gain an appreciation of the natural landscape. Each day is a unique experience with memories that often last a lifetime.

Being in the mountains can help to develop resilience, determination, team spirit, an appreciation for the natural environment, awe and wonder and the chance to escape from our everyday world.

**Lunch** - Wraps, Homemade flapjacks, Fresh fruit and crisps

### **Leave no trace**

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# KIT LIST

**The following list will help you pack your bag before you come to The Towers. It is designed to help you think about what you need to bring. If the course is less than 5 days then please reduce amounts listed.\***

## Top tips for packing

- Try and pack your bags yourself so you know what you have brought with you
- Label everything so that you can identify it. You would be amazed at how much is left behind
- Casual, warm clothes are best
- Do not bring expensive clothing as it may get dirty or lost. We cannot be responsible for personal belongings
- Clothing will get dirty and wet at times so please be prepared for that on their return. We do have a drying room that will be used during the week
- Torches – Useful if you are coming during the Autumn/Winter period
- During the warmer months please make sure you have some sunscreen and a hat. As we tend to be outside all day, we do not like young people wearing vests or strappy tops as shoulders get burned easily
- Ensure that cameras are waterproof and inexpensive. Disposable cameras are best
- Mobile phones and personal games consoles are not needed at The Towers. We are also not responsible for storage, loss or damage of these items. Your school will let you know what you are allowed to bring
- Please avoid bringing aerosol and other sprays. Roll on type deodorant are fine
- Pocket money – Please ask your school for advice on this

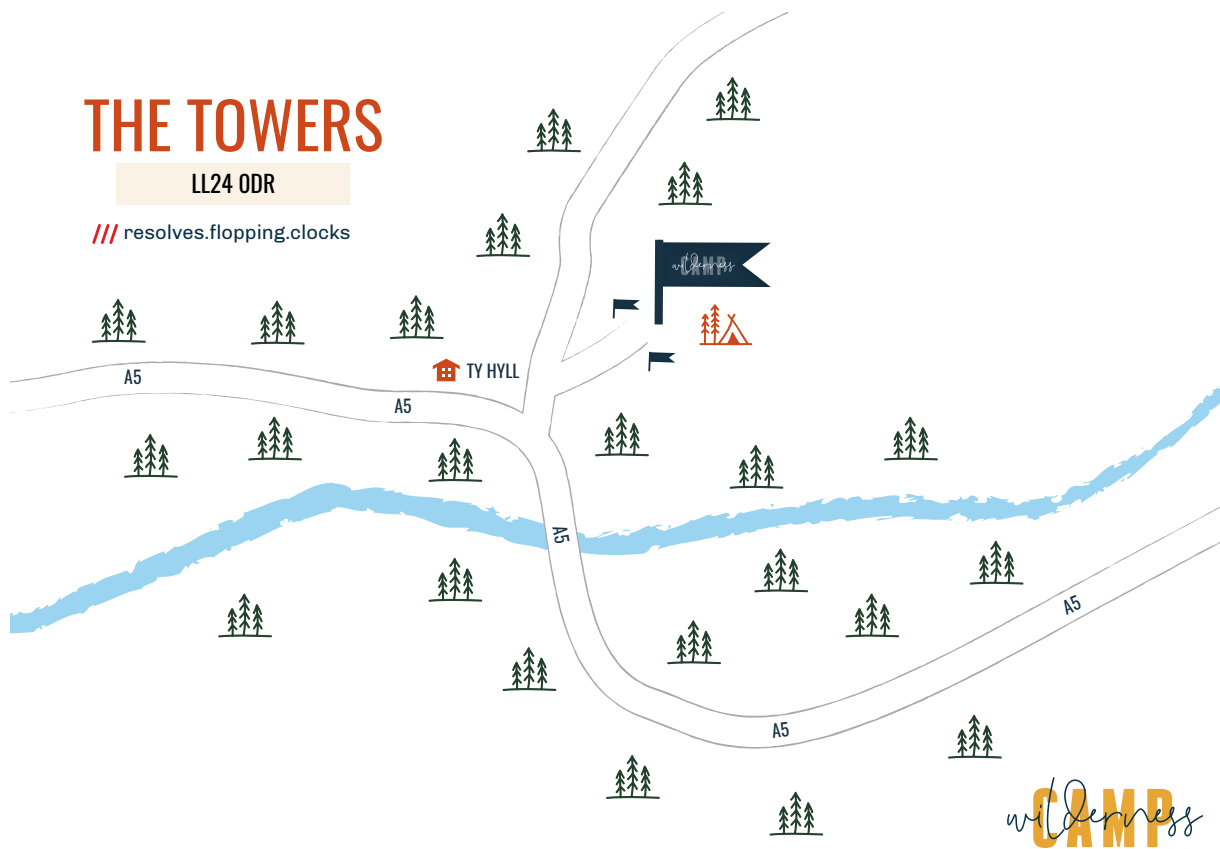
ITEM	PACKED
4 - 6 T shirts/ long sleeve tops	
3 - 4 Jumpers/hoodies/fleeces	
3 – 5 Joggers/ leggings/Trousers (not jeans please)	
6 – 8 sets of underwear	
Socks – at least 6-8 pairs of which 3 should be thick for use in boots/ wellies	
Nightwear – pyjamas etc.	
Woolly hat and gloves	
Shoes – 1 pair of indoor shoes/ slippers and 1 pair of outdoor trainers which can get wet and dirty	
Welly boots	
2 Towels	
Wash bag with personal hygiene items. No aerosols please	
Sunscreen and hat (yes it does get sunny in north Wales)	
Reusable drink bottle (at least 1 litre)	
Lunch box (preferable rigid plastic, chiller bags get squashed easily)	
2 plastic carrier/ bin bags for dirty clothes	
Any medication you take such as an inhaler, please make sure it has your name on it	

\*At The Towers we will provide everyone with a set of waterproofs, a fleece and a rucksack. Any technical equipment required on activities, such as helmets, harnesses and buoyancy aids will also be provided.



# DIRECTIONS TO THE TOWERS

The Towers, Betws-y-Coed, Capel Curig, Conwy LL24 0DR



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.

## DIRECTIONS

The Towers is located 2 miles from the village of Betws y Coed.

From Betws Y Coed, follow the A5 towards Bangor. The road exits the village up a long hill, after the road flattens it crosses a bridge over the river. The Towers entrance is the first right after the bridge and is marked with a large grey The Towers sign.

# FAQS

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

Camp Wilderness Mountain Adventure is run by Active Learning Group a leading provider of outdoor education residentials 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:

AALA License – regulated by HSE to cover 'in scope' activities ie mountain walking, climbing, water- based activities.

Inspected by Association of Heads of Centres (AHOEC) for Learning Outside the Classroom (LOtC) Quality Badge

Inspected by AHOEC for AAIAC Adventure Mark

Members of Institute of Outdoor Learning

## **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.

## **WHAT QUALIFICATIONS/CERTIFICATIONS DO YOUR STAFF HAVE?**

We hold an AALA license, and our Towers staff are highly qualified, holding National Governing Body Awards across a range of mountain walking, canoeing, kayaking and other technical areas regulated by AALA <https://www.hse.gov.uk/aala/>. 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 groups, these will be groups of up to 8 children. Overall, we operate our camps on a ratio of 8 children: 1 member of staff.

# FAQS

## **WHAT HAPPENS IF IT RAINS?**

In general, the philosophy is to carry on however due to the activities we provide we may not be able to do everything at the time specified on the itinerary. We will always consider the weather in our safety brief before setting off and will find another suitable activity if the weather means we cannot take part in our scheduled one.

## **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.

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

Every night, there will be staff on duty. 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 at the centre.

## **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.

## **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 group, 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 their 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 safeguarding 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.



# FAQS

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 2-8, in dormitory style rooms.

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

With the knowledge of how important good calories are to young people who are exploring and taking part in rigorous outdoor pursuits.

We have designed a healthy and contemporary menu to suit, dining at The Towers is very much a hands on activity, students are encouraged to help set up the dining rooms and take the food to their tables, they will be asked to fill out a menu card each day with their chosen option for breakfast, lunch and dinner.

A hearty breakfast of cereals and a small, cooked offer, freshly made wraps, baguettes homemade flapjack and brownie which is taken with them to eat whilst climbing or canoeing

Then back to the Centre to enjoy a evening meal cooked with fresh ingredients and served as family service which allows them to eat as much or as little as they want.

## **DO YOU CATER FOR SPECIAL DIETARY REQUIREMENTS?**

We take the dietary requirements very seriously at Active Learning Centres we have a robust system in place which accounts for all 14 listed allergens and even allergies which are not recognized by FSA legislation are catered for.

We can supply a carb counted menu on request for anyone with diabetes, and also have the facility to weigh and count the food on site.

All our catering staff and instructors are trained in allergy awareness and Natasha's law.

# FAQS

Whilst we endeavor to replicate an allergy-free alternative for every meal sometimes this just isn't possible but with careful planning and a simple chat with the catering staff we can make sure there is always plenty to eat for everyone with an allergy.

With such a good selection of dishes available fussy eaters can be catered for but due to cross contamination possibilities and storage issues we cannot allow food to be brought into the Centre except in severe medical circumstances.

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

After booking your child's place, we will ask you to fill out a section 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. All medical information needs to be filled out at least 1 month prior to the camp or we may not be able to make the required accommodations.

## **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 shared private cubicle when on site. Off site we will use the facilities available.

## **WILL MY CHILDREN SHOWER?**

The children will have a chance to shower in our private cubicles. Please bring a towel.

# 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. You must make every effort to pick up your child on time and may be charged if you are late.

## **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!



# CONSENT FORM

To be completed and returned on arrival

**I, as the parent/guardian of** \_\_\_\_\_

**give my consent for him/her to attend the proposed event.**

Throughout their time with us all the participants are expected to listen, and adhere to, the guidance of, and regulations set by our instructors.

While the Camp Wilderness staff are in charge of the party they will take all reasonable care of the attendees, and unless they are negligent they cannot be held responsible for any loss, damage or injury suffered to my son/daughter or their property arising during or as a result of the activity.

I will inform The Bushcraft Company of any important changes to my child's health, medication or needs and also of any changes to our address or phone numbers given.

I give consent for him/her to receive emergency medical treatment, including general and local anesthetic, as is deemed necessary by any medical professional present, should the need arise.

I understand that all medicines, including spare inhalers must be handed over to the designated member of our staff on the day of arrival. I understand that all medicines brought by my child must be labelled with full instructions for use.

I confirm that I have given a full and honest account of any dietary and medical needs my child has, including allergies and special needs. I confirm that I have filled out the online booking form honestly and accurately, and I take full responsibility for any medical emergency that is the result of a pre-existing medical condition my child has, which was not mentioned on this consent form.

I give permission for photographs to be taken during the week, and used in company literature.

**Signed**

**(Parent/Guardian)**

**Print name**

**Date**

# MEDICINE FORM

Child's name

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Name of medicine required

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Instructions for use

Storage requirements (if any)

Signed

Date

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# wilderness CAMP

Camp Wilderness, Unit 15, Eyston Way, Abingdon Oxon, OX14 1TR  
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