



wilderness  
**CAMP**

**MULTI-ACTIVITY CAMP- CUFFLEY**  
**PARENTS PACK**  
**5 DAY CAMP**





## CUFFLEY CAMP

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

DROP OFF: 11AM - PICK UP: 2PM

### What's in this pack?

Welcome letter	3
What does it look like on camp	4
Sample itinerary	5
Kit list	9
Map of estate	10
FAQs	11

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

# WHAT DOES CAMP LOOK LIKE?



**High Ropes**



**Low Ropes**



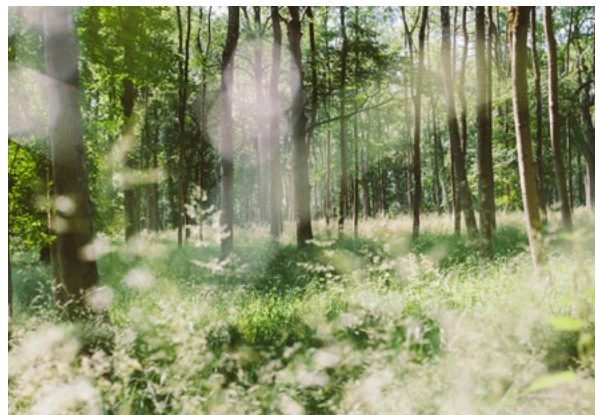
**Orienteering**



**Wooden EcoPods**



**Tomahawk Throwing**



**Our Woodlands**

# 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)

### AM Arrival

#### Orienteering

Orienteering is an exciting outdoor activity. Orienteers will use a detailed map and work in teams to find designated points in our beautiful 96-acre woodland, and with no set route to follow, this will give them a chance to explore their new environment using their ingenuity and new found skills.

**Lunchtime** – Filled Baguette, Wrap or Sandwich, Crisps, Fruit & Energy Bar, Fruit Squash

#### Target sports

A Split session of two different types of target sport. Archery & Tomahawks are activities that will challenge the participant to 'get their eye in' order to hit the target. This ancient activity was once the national sport of the U.K and is great for co-ordination.

**Dinnertime** – Wraps, Breaded Chicken, Fajita Beef Strips, Vegetarian Bean Burger, Potato Wedges, Cous Cous, Choice of Salads & Sauces

#### Campfire – Evening

Evenings spent around the fire can be combined with group activities such as puzzles and quizzes, but equally time spent reading and relaxing are just as beneficial all whilst enjoying a smore, melted by the fire.

---

# SAMPLE ITINERARY

---

## Day 2

**Breakfast** – Cereal Bar, Sausages, Hash Browns, Baked Beans & Bread Roll

### **Gladiator**

A vertical challenge that requires the climber to ascend up and over different elements of the structure. Climbing in pairs with the rest of the team assisting in the belaying. Their fellow team members ensure the climbers are safe and supported throughout, all overseen by our instructors.

**Lunchtime** – Filled Baguette, Wrap or Sandwich, Crisps, Fruit & Energy Bar, Fruit Squash

### **Construction**

This activity involves creating structures to overcome various obstacles. Our favorite is 'Ravine' where the team plan, design and construct a bridge across a gap to bring supplies to the other members of their team stranded on the opposite side. This a great activity for drawing out good communication, delegation and time management skills.

### **Environmental Trail**

Never more so than now is the need for us to teach people to 'fall back in love with nature' using our thoughtfully designed trail, groups will learn about the 'life of a tree' or why mushrooms really are amazing and are at the forefront of modern building materials. Learning about natural habitats will help people to understand our place in the natural environment and why it is so important for us to defend it, and leave it in place for future generations.

**Dinnertime** – Pizza, Cheese, Pepperoni, Mushrooms, Peppers, Sweetcorn, Choice of Salads & Dressings

### **Ambush – Evening**

Why do the animals seem to be able to walk amongst the forest without making a noise? Well, in this session the group will learn about camouflage and why it is so important. Can you escape and evade detection, can you blend seamlessly into the natural surroundings, can you make like a leaf, bush or tree and slip between the awaiting trackers, if so then Ambush is the thing for you!

---



# SAMPLE ITINERARY

---

## Day 3

**Breakfast** – Cereal Bar, Sausages, Hash Browns, Baked Beans & Bread Roll

### Hiking

There is no better way of getting to know the forest environment than walking in amongst it. Taking time to gently stroll and unwind is like no other therapy and leaves you feeling refreshed and rejuvenated. Walking in the forest involves using all the senses as you listen to new sounds, inhale new aromas and spot elusive animals in their natural environment.

**Lunchtime** – Filled Baguette, Wrap or Sandwich, Crisps, Fruit & Energy Bar, Fruit Squash

### Leap of faith

Part of the high ropes trilogy, this is the culmination of an exciting session up off the ground. Climb your way to the top and onto the platform. Having taken in the sights from your lofty vantage point there really is only one way down. Can you see the bar? Yes? Then three, two, one... leap of faith.

### Problem Solving

So, it's lift that barrel over a fence, without touching the electric wire, whilst avoiding the Lava floor? To be successful you'll need to utilise the skills of all your team members to overcome the challenge, this activity is great for building self-esteem and confidence, as well as developing essential skills such as communication and team work.

**Dinnertime** – Pasta Beef Bolognese, Alfredo, Ratatouille, Garlic Bread, Choice of Salads

### Climbing – Evening

With Climbing now in the Olympics, could you be in the next generation of climbing superstars? Using balance and delicate footwork, pick your route to the summit and then relax as your teammates, using ropes and safety equipment descend you back to the ground. All from our dedicated climbing wall.

---

# SAMPLE ITINERARY

---

## Day 4

**Breakfast** – Cereal Bar, Sausages, Hash Browns, Baked Beans & Bread Roll

### Zipwire

Our Zip wire is set in the most fabulous of settings and hopes to give you a feeling of a bird winging its way between the forest canopy. Wind in the trees and a breeze in your hair, this descent is one designed to bring a smile to your face.

**Lunchtime** – Filled Baguette, Wrap or Sandwich, Crisps, Fruit & Energy Bar, Fruit Squash

### Archery Tag

It's time to get into teams, work together and practice that aim! This high action activity will bring smiles to everyone's faces on camp!

### Crate Stack

Anyone for a Jenga style activity, where the stakes are nearly as high as the tower you attempt to build? This activity will have you in fits of laughter as the team try and help their friends build a tower as high as they can without it crashing down around their ears. Good balance and a head for heights are necessary to achieve the ultimate success.

**Dinnertime** – Burgers, Smoked Chicken, Paprika & Garlic Halloumi, Vegetable Kebabs, Jacket Potato & Corn Cobs, Choice of Salads & Sauces

### Wacky Races – Evening

Build your own crazy machine and race it around an obstacle course. It better be built to a high standard otherwise you'll find yourself in the 'pits' making hasty design changes whilst the following pack overtakes you.

---

## Day 5

**Breakfast** – Cereal Bar, Sausages, Hash Browns, Baked Beans & Bread Roll

### Laser Tag

Get kitted up and camouflage face paint on to complete Laser Tag missions deep in the woods. Team work is key here, working together to achieve the goals.

**Lunchtime** – Filled Baguette, Wrap or Sandwich, Crisps, Fruit & Energy Bar, Fruit Squash

### Night Line

During the activity participants use and develop their senses through a series of tasks and games. The group will have a chance to reflect on how losing one of their senses feels and to consider others who have lost some of their senses. They will develop understanding of how communicating using other senses can enhance other skills.

### Leave no trace

---



# KIT LIST

## Essential

- Large rucksack (or alternative bag/suitcase)
- Small rucksack for daytime away from camp
- 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

- Pyjamas
- Whistle

## Weather dependent

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

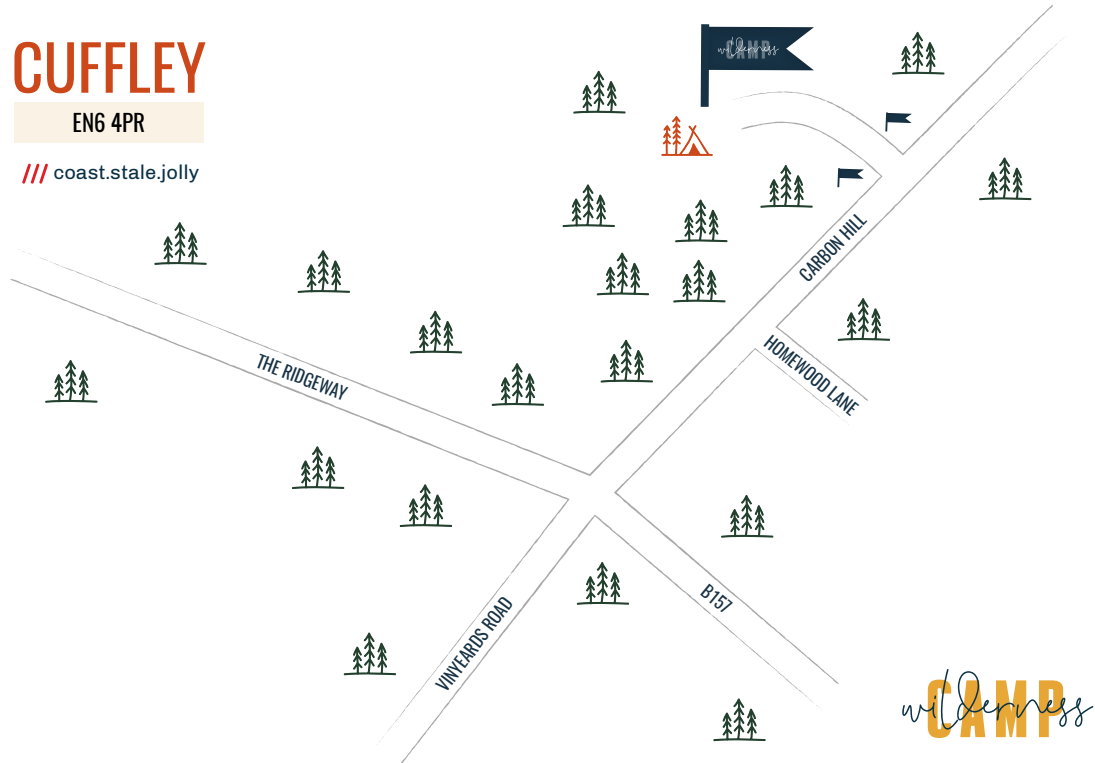
## What not to bring!

- 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



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.

# 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 (loto)
- Adventuremark is a non-statutory safety scheme devised by the adventure activity industry advisory committee (aaiaac)
- 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.

# FAQS

## **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 '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 single-sex eco pods with up to 3 other children.

## **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 bolognese, roast salmon and stir fry and falafel wraps.

# FAQS

## **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.

## **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?**

Each camp of pods has their own toilet and shower block.



# 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

Camp Wilderness, Unit 15, Eyston Way, Abingdon Oxon, OX14 1TR  
0333 2004 469 [hello@campwilderness.co.uk](mailto:hello@campwilderness.co.uk) [www.campwilderness.co.uk](http://www.campwilderness.co.uk)

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