

A young boy is climbing a wooden obstacle course in a forest. He is wearing a helmet, a harness, and blue shorts. He is holding onto ropes and a wooden beam. The background is a dense forest of green trees.

wilderness
CAMP

MULTI-ACTIVITY CAMP- CUFFLEY
PARENTS PACK
5 DAY CAMP

wilderness CAMP

CUFFLEY CAMP

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

DROP OFF: 11AM-12PM - PICK UP: 2-3PM

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WELCOME LETTER

Dear Parents,

We're so pleased that you've chosen Camp Wilderness Multi -Activity 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**.

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. 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.

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 11am 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

03332 004 469

hello@campwilderness.co.uk

WHAT DOES CAMP LOOK LIKE?



High Ropes



Low Ropes



Orienteering



wooden eco-pods



Tomahwk 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
- Warm sleeping bag (season 3)
- Roll mat
- 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

- Sleeping bag liner
- Pillow
- Pyjamas
- Whistle

Weather dependent

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

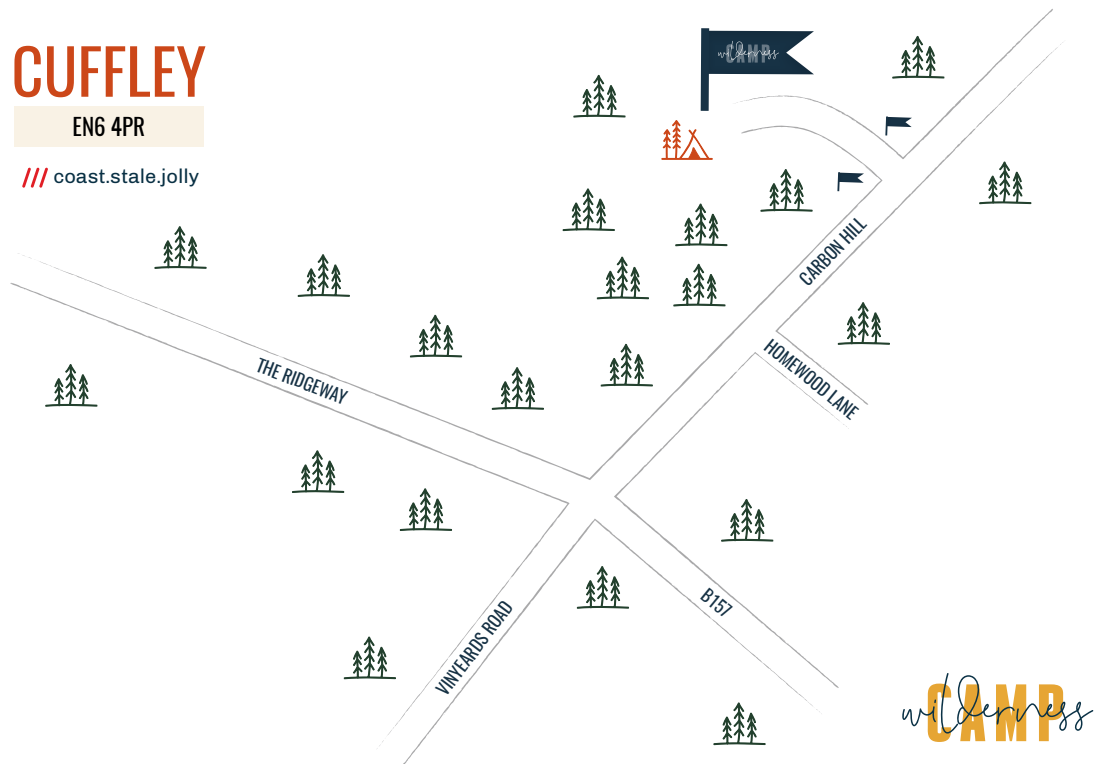
What not to bring!

- 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



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.

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 Multi is run by Active Learning Centres and Active Learning Group - a leading provider of school trips and leavers camps for schools across the country.

WHAT IS YOUR OVERALL PHILOSOPHY?

At Camp Wilderness Multi we offer a range of activities that stretch bodies and minds to build confidence. Residential trips of five days and with itineraries matched to the age, experience and abilities of your children, there's enough to keep them busy! Climbing walls and high ropes give the adrenaline buzz, with more reflective activities taking place deep inside our unique woodland Site of Special Scientific Interest (SSSI).

WHAT'S INCLUDED IN THE PRICE?

Our camps are fully inclusive of accommodation, activities and all food including snacks, will be provided. This means there's no need to pack any extra snacks!

DOES CAMP WILDERNESS ACCEPT CHILDCARE VOUCHERS?

At Camp Wilderness Multi, 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:

- Member of BAPA (British Activity Providers Association)
- Inspected by BAPA for Learning Outside the Classroom (LOtC) Quality Badge
- Inspected by BAPA 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 safeguarding officers on site.

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 chefs 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.

FAQS

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. 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.

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 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 2-4, in our eco-pod village.

IS THERE SWIMMING AT EVERY CAMP?

No, sadly we are only able to offer swimming at Penshurst Place.

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

We are offering a unique catering experience this year with 4 areas to dine at during your stay.

It's been Set up this way so you can eat a different menu selection each evening over your stay, tortilla wrap bar in our dining hall, woodfired pizzas made to your requirements,

Pasta selection at the Woodland yurt kitchen and our new charcoal BBQ grill and smoker, offering burgers, chicken and grilled haloumi kebabs, all served with lots of fresh salads.

This will give you more choice of menu items and a different place to eat every evening during your stay.

Juices and snacks served on camp during the day/ fresh fruit will be available on each station.

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 a 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 supplied 1 month before the date of camp or we may not be able to allow the child on 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?

Our loos are a mix of flushing porta-style loos (like you might find at a festival) while out and about for activities and normal flushing toilets at the pod site. We do not have gender specific porta loos as they are single cubicles. You may want to communicate to your child prior to camp that any tissues, wet-wipes or sanitary items (including the packaging) can be flushed down the toilet. Please also reassure them, that if they have any problems at all surrounding toileting then they can speak to any of our staff about this.

FAQS

WILL MY CHILDREN SHOWER?

On 5-day summer camps, children will have access to the showers. Hand-washing, and general hygiene is very important on camp. On any camp we do have access to showers if one is needed due to an accident or period.

WHAT IS YOUR DISCIPLINE POLICY ON CAMP?

Camp Wilderness Multi 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 Multi 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?

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

Name of medicine required

Instructions for use

Storage requirements (if any)

Signed

Date



wilderness CAMP

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