



wilderness
CAMP

Coastal Adventure

SEALYHAM - PARENTS PACK
5 DAY CAMP

wilderness CAMP

SEALYHAM

SEALYHAM, WOLFSCASTLE, HAVERFORDWEST, SA62 5NF

DROP OFF: 11AM - PICK UP: 2PM

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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

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.

Camp Wilderness is an opportunity for children to get away from the busyness of their everyday lives and spend time away from their screens. They won't have much time to use electronic devices, but if they do bring them they will be responsible for their safe keeping. They won't be allowed to take them on activities. 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. 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 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?



Kayaking



Climbing



Orienteering



Surfing



Coastering



Accommodation

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

Due to the uncertainty of journey times we keep the first day simple. After settling into rooms and a full introduction to the Centre we will have lunch and give you time to get ready for your first activity.

Raft Building

Raft building encourages lateral thinking. Each team needs to design a craft that will carry the whole team across the lake and complete a series of tasks. Creativity, communication and perseverance all come into play to complete this fun and challenging task.

Dinner

Evening Activities

Sealyham has a range of evening activities. These include campfire team games and team orientated outdoor activities such as obstacle courses and nightline.

Day 2

Breakfast

Surfing

Your instructor will issue you with the kit required for the activity. Then you'll head off to one of Pembrokeshire's beautiful beaches. Once there you will learn about beach & wave safety and how to surf safely. Then get ready to ride the waves!

Lunch

High Ropes

Your instructor will issue you with the kit required for the activity. You will head off to our purpose built high ropes course where you will have all your senses challenged as you go around the course with the help of your friends and overseen by our instructors.

Dinner

Evening Activities

Sealyham has a range of evening activities. These include campfire team games and team orientated outdoor activities such as obstacle courses and nightline.

SAMPLE ITINERARY

DAY 3

Breakfast

Climbing / Abseiling

Climbing is about both physical and mental challenge. Participants will set their own goals and will be encouraged by our instructors to achieve these goals. We use a local inland crag which is suitable for all abilities.

Lunch

Coasteering

Coasteering is a team activity during which our instructors will encourage individuals to lead the way and look after their fellow team members. The various challenges include, jumping from rocks into the sea, swimming and sometimes swimming through large caves.

Dinner

Evening Activities

Sealyham has a range of evening activities. These include campfire team games and team orientated outdoor activities such as obstacle courses and nightline.



SAMPLE ITINERARY

DAY 4

Breakfast

Paddlesports

On our sheltered lake you will be taught basic paddling skills while focusing on fun while learning. This can be done in different types of craft – canoes, kayaks, sit-on-tops and paddle boards.

Lunch

Bushcraft

You will learn basic survival skills such as shelter building, fire building, tool making and water purification. We will talk about enjoying the environment responsibly and 'leaving no trace'.

Dinner

Evening Activities

Sealyham has a range of evening activities. These include campfire team games and team orientated outdoor activities such as obstacle courses and nightline.

DAY 5

Breakfast

Archery

Accuracy, control and a steady hand are needed for achieving the best results and many individuals discover a talent for this new skill. We encourage high level of safety awareness and teach the basic skills on our purpose built range.

DEPARTURE

As part of the young perons's experience they are expected to leave their rooms clean and tidy. Once packing is complete they are free to meet parents and depart.

KIT LIST

The following list will help you pack your bag before you come to Sealyham. It is designed to help you think about what you need to bring

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.
- 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 Sealyham. We are also not responsible for storage, loss or damage of these items.
- Please DO NOT bring aerosol and other sprays. Roll on type deodorant are fine.
- Pocket money – This is not necessary as there is nothing on-site to spend it on. Maybe bring enough for an ice cream at the beach – children will be responsible for keeping this safe.

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	
Nightwear – pyjamas etc.	
Waterproof Jacket	
Small rucksack for daily use	
Woolly hat and gloves	
Shoes – 1 pair of indoor shoes/ slippers and 2 pairs of outdoor trainers which can get wet and dirty	
Swimwear	
Shorts large enough to wear over a wetsuit	
2 Towels	
Wash bag with personal hygiene items. No aerosols please	
Sunscreen and hat (yes it does get sunny in 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	

* Any technical equipment required on activities, such as wetsuits, helmets, harnesses and buoyancy aids will be provided.

DIRECTIONS TO SEALYHAM

SEALYHAM, WOLFSCASTLE, HAVERFORDWEST, SA62 5NF



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

Travelling from the East, stay on the A40 and by-pass Haverfordwest heading towards Fishguard. After approx. 7 miles you will go through the village of Wolfscastle. Stay on the A40 out of the village. After approx. 2 miles turn right signposted Sealyham.

DO NOT FOLLOW THE SAT NAV IF IT DIRECTS YOU TO AN EARLIER RIGHT TURN - This takes you through a farm.

After turning right, follow the lane for 1 mile and the entrance to the Centre is on the right.

FAQS

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

Camp Wilderness Coastal 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 and coast.

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 climbing and water-based activities.

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 Sealyham 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 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 12 children: 1 or 2 members of staff, depending on the activity.

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?

Camp Wilderness is an opportunity for children to get away from the busyness of their everyday lives and spend time away from their screens. They won't have much time to use electronic devices, but if they do bring them they will be responsible for their safe keeping. They won't be allowed to take them on activities.

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.

FAQS

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.

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?

We understand how important good food is to young people when they are active so we have designed a healthy and appealing menu. There is a hearty hot breakfast along with cereal, a choice of sandwiches/wraps/baguettes for lunch and a tasty cooked evening meal.

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.

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.

FAQS

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?

All bedrooms have en-suite facilities. Off site we will use the facilities available.

WILL MY CHILDREN SHOWER?

All bedrooms have en-suite facilities. Please remember to bring at least 2 towels.

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. All external doors are locked at night and 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 return lost property so please check your child's belongings when picking up. Any items that are left behind will be 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

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