

CAMP
wilderness

CUFFLEY CAMP
3 DAY FAMILY CAMP



CUFFLEY CAMP

HERTFORDSHIRE, EN6 4PR
DROP OFF: 10AM - PICK UP: 2PM

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WELCOME TO CAMP WILDERNESS!

Hello there,

We're so pleased that you've chosen to come to Camp Wilderness and look forward to welcoming your family for a real outdoor adventure this summer. You can find all the information that you need to prepare for camp here in your 'Camp 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 details we require for you, please do this as soon as possible. A full **KIT LIST** can be found in this pack, camp can be a muddy place, so please don't bring with you any expensive kit... we are very happy for you to come in your old clothes.

Camp arrival time 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 arrival 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.

We're really looking forward to seeing you for our Camp Wilderness adventure.

Best wishes,

Camp Wilderness

03332 004 469

hello@campwilderness.co.uk

WHAT DOES CAMP LOOK LIKE?



SAMPLE ITINERARY

Below is an example of the kind of activities your family will do on their 3-Day camp... please bear in mind this is just a guide, timings and order may vary depending on the weather & location of your camp!

DAY 1

Arrival and Welcome to Camp

You will make their way onto camp and be introduced to your new home for the next few days! Staff will deliver a welcome and safety brief. You will be shown their tents, meet your tribe buddies and get a chance to settle in.

Fire Lighting

You will learn the basic principles of fire and the fire triangle. You will be shown a variety of ways fire has been made over years, and put this knowledge into practice, lighting fires safely and responsibly in tribes using these methods.

LUNCH

Water collection & Purification techniques

You will learn how to recognise dehydration and its effects on the body. You will explore different methods of collecting, filtering, and purifying water in the wild, ensuring safe drinking water in remote environments.

Shelter Building

You will learn why we need shelter when we are living outside and the types of shelter from different societies and nationalities throughout history. You will build your own shelter, using natural woodland materials.

DINNER

Evening Games

The children will have a chance to play with their new friends in the woods while parents can relax around the campfire.

SAMPLE ITINERARY

DAY 2

BREAKFAST

Knife Skills & Bowdrill Set

You will be introduced to key bushcraft tools, both primitive and modern, and learn how to use knives safely for carving and whittling. This hands-on session builds confidence and responsibility.

Building on your knife skills, you will craft their own bowdrill sets—a traditional fire-starting tool. You will then put them to the test and see if they can create fire using friction!

Wilderness First Aid

Basic first-aid skills are essential in the wild. You will learn how to assess injuries, improvise splints, and even construct a stretcher using only the materials around them.

LUNCH

Wilderness Cookery (Salmon)

Families will have the chance to learn about cooking over an open fire and get will hands on with preparing a salmon to roast over the fire.

Camouflage & Concealment

You will blend into their surroundings using natural materials, learning the art of stealth. You will work in teams to evade trackers in a fun and immersive game.

DINNER



SAMPLE ITINERARY

DAY 3

BREAKFAST

Trap Making

You will be taught why it is important to find food in remote settings, and how this has been achieved over the ages. Our instructors will demonstrate trapping methods, before each tribe designs and builds their own trap.

Scenario SOS

You will put your new first aid skills to the test and work in teams, using navigation to locate a simulated plane-crash scene, where you will treat the casualties and make improvised stretchers to evacuate them back to camp.

LUNCH

Strike Camp, Leave no trace!

It is always important to make sure you leave the woodland as you found it so we will introduce you to our Leave No Trace procedures before you make your way home.



3 DAY MENU

During the residential some meals will be cooked and eaten on camp and some will be enjoyed from the Refectory Kitchen 🍳

	FRIDAY	SATURDAY	SUNDAY
B/FAST		Sausage, Cheese, Egg Muffins Cereal & Fruit	Multigrain bagels, bacon, cheese, beans, hashbrown. Cereal & Fruit
SNACK	Fruit & Biscuits		
LUNCH	BBQ Kitchen	Pizza	Choice of baguette, crisps, fruit, chocolate brownie
SNACK	Banana & Nutrigrain Bar	Campfire toffee flavoured popcorn	
DINNER	Breaded chicken wraps, potato wedges, salad	Beef bolognese, penne pasta, garlic bread	
DESSERT	S'mores	Chocolate chip Muffins	

Please contact us for a full allergen menu or more information on the menu.



KIT LIST

ESSENTIAL

- ☐ Large rucksack (or alternative bag/suitcase) to pack into
 - ☐ Small rucksack for daytime away from camp
 - ☐ Warm sleeping bag (season 3)
 - ☐ Pillow
 - ☐ Roll mat
 - Clothing**
 - ☐ Tracksuit/hard-wearing trousers
 - ☐ T-shirts
 - ☐ Warm jumpers/fleece
 - ☐ Warm socks and underwear
 - ☐ Waterproof jacket (and trousers if you have them)
 - ☐ Footwear (2 pairs - e.g. walking boots, old trainers)
 - ☐ Towel(s)
 - ☐ Wash bag including toothbrush, toothpaste and body/face wipes
 - ☐ Good torch with fresh batteries
 - ☐ Insect repellent
 - ☐ Water Bottle
-

OPTIONAL

- ☐ Sleeping bag liner
- ☐ Whistle First Aid
- ☐ Kit Alcohol Hand
- ☐ Gel Camp chair

WEATHER DEPENDANT

- ☐ Wellington boots
 - ☐ Warm hat Gloves Umbrella
 - ☐ Sun cream/sun hat/sunglasses
-

WE WILL SUPPLY....

- ☒ Cutlery & Crockery
- ☒ First Aid Kit
- ☒ Food – all meals and snacks
- ☒ Drinks – Tea, coffee, juice, water, hot chocolate

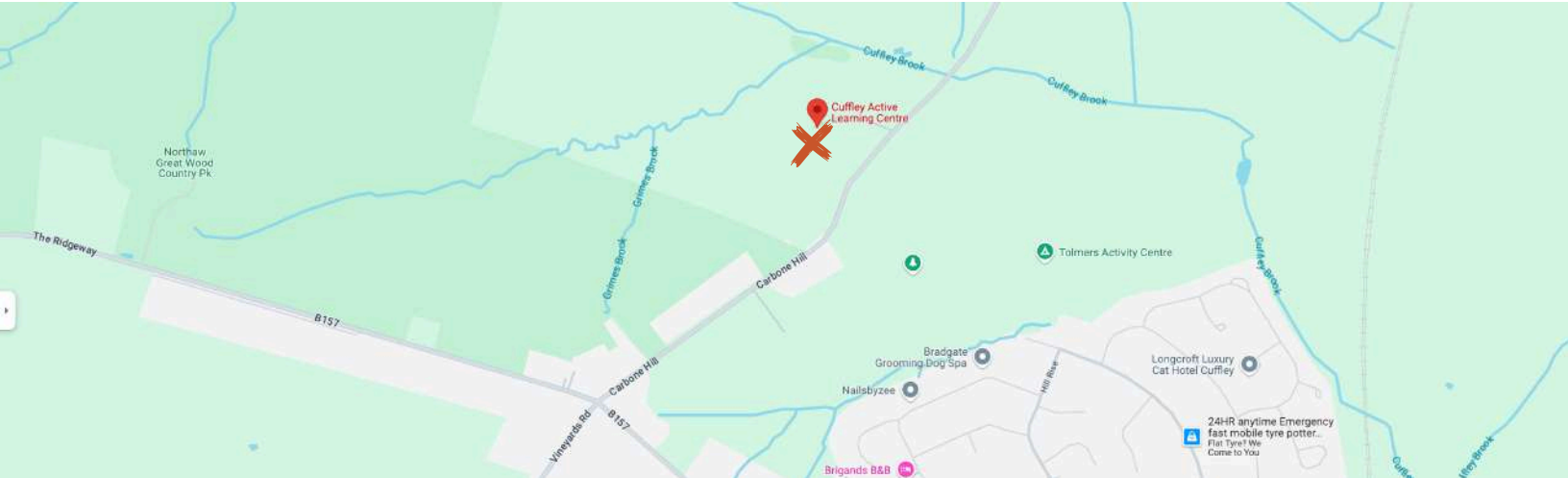
**Please make sure that EVERY item is clearly labelled with your child's name.
Sadly we can't be responsible for lost property.**

DIRECTIONS: CUFFLEY CAMP

CUFFLEY CAMP

EN6 14PR

/// REALLY.ACUTE.BATH



📍 Click the map above to go to our google maps pin.

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 on to Northaw Road W B156.

Turn left on to Vineyards Road, continue on to Carbone Hill for 0.5 miles and you will see the Cuffley sign.

FROM HERTFORD

Head north-west towards St Andrew Stree, drive along B158, Robins Nest Hill, Church Rd, Newgate St Village and Carbone Hill. Turn left on to St Andrew St, Continue on to North Rd. At the roundabout take the 3rd exit on to Cross Lane A119. At the Robins Nest Hill, turn left on to Church Road, continue on to Epping Green, Newgate St and Newtage St Village.

At the roundabout take the 2nd exit on to Carbone Hill for 0.6 miles, you will see the Cuffley sign.

FAQ



ABOUT CAMP WILDERNESS



GENERAL CAMP QUESTIONS



HEALTH & SAFETY



FOOD & ACTIVITIES



FACILITIES ON CAMP



MEDICAL REQUIREMENTS & SICKNESS

<https://campwilderness.co.uk/your-questions-answered/>

<https://campwilderness.co.uk/terms-conditions/>



FAQ

ABOUT CAMP WILDERNESS

ARE THE ACTIVITIES COMPULSORY

Yes, in short, the activities are all compulsory. They are designed for family groups and will require all members to be involved. There will be activities specifically for children and downtime for the adults and children within the timetable. If there is an activity that you do not wish to attend then there must be a responsible adult to look after a child on camp for the duration of the activity. You will not be able to leave camp during this time.

CAN WE BRING FOOD TO CAMP

Camp Wilderness is a fully inclusive experience, therefore, we will supply all food while you are on camp. There are three meals and multiple snacks provided each day as well as fresh fruit and biscuits available at all times. Tea, coffee, hot chocolate, dilute juice and water will be available at all times. We would request that if you do bring food with you, that you bring as little as possible and that it is stored properly as we cannot provide storage for this and we would not advise leaving any food in your tents

HOW DO I KNOW CAMP WILDERNESS IS A REPUTABLE SUPPLIER?

Camp Wilderness Family camps are 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 Family camps it is our aim to provide families with real outdoor adventures, allowing them to escape from their high-tech lives, all within safe and beautiful woodlands.

WHAT IS INCLUDED IN THE PRICE?

Our camps are fully inclusive of activities, accommodation and all food including snacks. We have a complete No Nut policy on camp - please respect this.



FAQ

GENERAL CAMP QUESTIONS

WHAT HAPPENS IF IT RAINS?

Our camps have large yurts 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.

IS THERE ANYWHERE TO STORE VALUABLES?

We do not have the facilities to lock up any valuable items so we would advise to leave these at home. If you do bring a valuable item to site we do not accept any responsibility for loss or damage to these items.

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 residential.

MY FAMILY WANT TO COME BUT MY CHILDREN ARE DIFFERENT AGES. WILL IT BE SUITABLE FOR EVERYONE?

Yes, all of our activities are accessible to children from the age of 6 upwards. So, whether you are 6 or 66 we guarantee you will be able to do all of our activities!

WHAT IS YOUR POLICY ON MOBILE PHONES AND ELECTRONICS?

Camp Wilderness is an opportunity for you and your children to get away from the busyness of your everyday lives and spend time in nature. However, we understand that life doesn't stop just because you are on camp and you will probably want some photos for you to remember your experience! So, we would ask that any phones or technology brought onto camp are used respectfully, and, if one of our staff requests you don't use your tech for the duration of an activity that you adhere to this. It will always be for your safety or the safety of the families around you. Please be aware that on some of our estates have intermittent mobile phone signal and there are no charging facilities in the woods.

FAQ

HEALTH & SAFETY

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?

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?

There will be a Camp Leader, Cook and Tribe Leaders on camp – the number of tribe leaders will change dependant on the amount of families booked onto the camp.

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.

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

Every night, there will be staff on duty, who will sleep under the central yurt (see pictures). The children are informed who those staff members are on arrival and these members of staff will be with the children for the duration of the trip.

IS ALCOHOL PERMITTED?

Camp Wilderness do not provide alcohol nor is there anywhere to buy alcohol on site. However, if you do wish to bring a small amount for personal adult consumption only we ask that you please drink responsibly and in moderation keeping in mind that this is a family camp. We do not under any circumstances accept responsibility for any damages that result to yourself or anyone else due to the consumption of alcoholic beverages or the use of this site or materials located on it.

IS SMOKING PERMITTED?

We will have a designated area, as the camp itself is a non-smoking area.

CAN I BRING A PET?

We do not allow pets on camp.

FAQ

FOOD & ACTIVITIES

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, panassed salmon and cooked breakfast!

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.

IS THERE SWIMMING AT EVERY CAMP?

No, sadly we are unable to offer swimming.

FACILITIES ON CAMP

WHAT ARE THE TOILETS LIKE?

Our loos are flushing porta-style loos like you might find at a festival. 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.

WHAT ARE THE SHOWERS LIKE?

The showers on site are temporary showers with clean warm water. On a 5 day camp, children will have a shower mid week. There are 4-6 showers per site which are cleaned daily.

WHERE WILL WE SLEEP?

Each family will have their own safari-style bell tent. These can sleep up to 10 people however we have kept the number at 6 people per family so you have some extra room!



FAQ

MEDICAL REQUIREMENTS & SICKNESS

MY FAMILY MEMBER HAS A MEDICAL CONDITION. WHO SHOULD I TELL?

When booking your place, we will ask you to fill out a form with any medical conditions, where you can outline any details. If you will need to take any medication on camp, please make sure that you have it with you. We do have facilities to store medicine that needs to be kept at a lower temperature

WHAT HAPPENS IF MY FAMILY MEMBER IS UNWELL OR HAS AN ACCIDENT PRIOR TO CAMP, SO CAN NO LONGER ATTEND?

Please give us a call to let us know that you 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 your booking.

WHAT HAPPENS IF MY FAMILY MEMBER BECOMES UNWELL ON CAMP?

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. If we believe that you or your child is too unwell to remain on camp, or is contagious, you will be asked to leave the camp.

