

A person wearing a blue helmet and black clothing is navigating a rope bridge in a lush green forest. The bridge consists of several wooden platforms suspended by ropes. The person is standing on one platform, holding onto the ropes. The background is filled with dense green foliage and trees.

# CAMP wilderness

*Sealyham Coastal Adventure*

**PARENTS PACK**  
**5 DAY ADVANCED CAMP**



# CAMP wilderness

## SEALYHAM

HAVERFORD WEST, SA62 5NF

DROP OFF: 10:30AM - PICK UP: 2PM

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# WELCOME TO CAMP WILDERNESS!

Dear Parents,

We're so pleased that you've chosen Camp Wilderness and we 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'.

You will have received an automatic email from us requesting all of your child's dietary, medical, medicine administration, contact and Tribe buddies information. Please fill this in no later than 1 month before the camp date so that we can effectively plan for your child.

This form also includes all consent and code of conduct forms which need to be agreed to. Without these completed we will not be able to confirm your booking.

A full **KIT LIST** can be found in this pack. Please make sure 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 of 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 electrical devices. 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 parent contact numbers and will contact you directly.

Exact drop off times will be confirmed closer to the time of camp, and **DIRECTIONS** to camp can be found within this pack. Please use these, along with the specific postcode/what.three.words included. We have included a map for you to refer to, however should you get lost, feel free to call the office and we will help direct you.

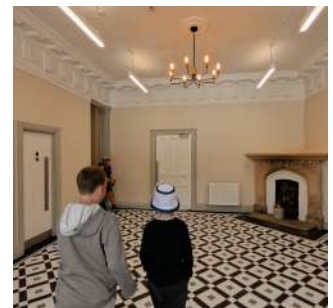
Should you need to contact us, you can speak to the Office Team on **03332 004 469**. They will be able to get in touch with camp directly. At drop off you will be provided with the Duty Manager's number for any urgent matters outside of office hours. Pick-up from camp is between 2 and 3pm (exact times will be confirmed closer to the time of camp), at the same place you dropped your child off.

We're really looking forward to seeing you at drop-off, and of course to meet all our campers!

Of course, if you have any further questions or queries, please feel free to call on 03332 004 469 or drop us an email an [hello@campwilderness.co.uk](mailto:hello@campwilderness.co.uk).

Best wishes,  
Camp Wilderness  
**03332 004 469**  
[hello@campwilderness.co.uk](mailto:hello@campwilderness.co.uk)

# PHOTOS FROM SEALYHAM



# SAMPLE ITINERARY - COASTAL ADVENTURE

Below is an example of the kind of activities your child will do on their 5-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

After settling into rooms and receiving a warm welcome, children will explore the centre and get ready for the adventure ahead. A relaxed lunch gives time to refuel before the first big challenge!

### SNACK

### Raft Building

Teams must think creatively to design and build a raft that can carry them across the lake. Communication, problem-solving, and teamwork are key as they race to complete fun challenges on the water.

### 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.

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## 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!

### SNACK

### High Ropes

Taking to the treetops, children will tackle our high ropes course, testing their confidence, balance, and teamwork as they navigate aerial obstacles under the watchful eye of 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.



# DAY 3

## BREAKFAST

### Climbing / Abseiling

Scaling rock faces at a local crag, children will set their own goals and push their limits. With encouragement from instructors and teammates, they'll build resilience and confidence on the rock.

## LUNCH

### Coasteering

An adrenaline fuelled adventure along the coastline! Children will leap from rocks, swim through sea caves, and scramble across rugged terrain while working together as a team.

## DINNER

### Evening Games

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

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# DAY 4

## BREAKFAST

### Paddlesports

On our sheltered lake, children will learn basic paddling skills while having fun on canoes, kayaks, paddle boards, and sit-on-tops—testing balance, coordination, and teamwork.

## LUNCH

### Bushcraft

A hands-on survival session covering fire lighting, shelter building, tool making, and water purification. Children will also learn how to respect nature and leave no trace.

## DINNER

### Evening Games

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

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# DAY 5

## BREAKFAST

### Archery

Focus, patience, and precision come into play as children take aim on our archery range, learning the skills needed to hit the target.

### Departure

After packing up and tidying their rooms, children will say their goodbyes before heading home with incredible memories of their adventure!

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# 5 DAY MENU

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
B/FAST		Bacon, beans, bagels. Cereal & fruit	Sausages, hash brown, beans, bread roll	English Mc Muffins, sausage, cheese, hashbrowns	American pancakes, syrup, croissants, jam
LUNCH	Sandwiches with a choice of filling. Crisps, flapjack.	Baguettes with a choice of filling. Crisps, brownie	Sandwiches with a choice of filling. Crisps, flapjack	Baguettes with a choice of filling. Crisps, brownie	Wraps with a choice of filling. Crisps, flapjack
DINNER	Pasta Bar, beef bolognese, ratatouille	Burgers, cheese, brioche bun	Curry & rice, naan bread, salad	Beef or beans tacos, potato wedges, salad	Chicken & chips, peas, salad
DESSERT	Chocolate Eclair	Ice Cream Wafer, Ice cream sauce, flake	Lemon drizzle cake, custard	Raspberry trifle	Fruit crumble & custard

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





# KIT LIST

## 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

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

## PACKING LIST

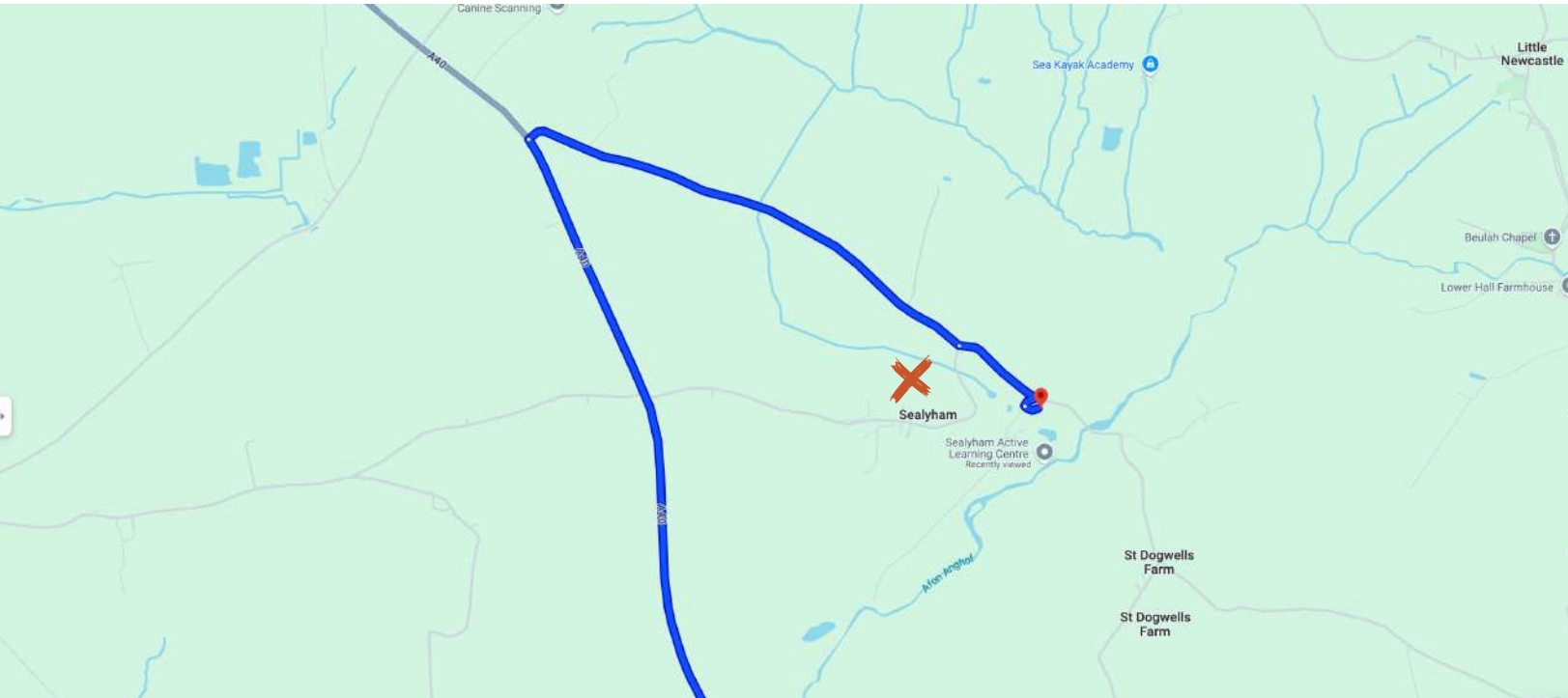
- ☐ 4 - 6 T shirts/ long sleeve tops
- ☐ 3 - 4 Jumpers/hoodies/fleeces
- ☐ 3 – 5 Joggers/ leggings/Trousers (not jeans please)
- ☐ 6 – 8 sets of underwear Socks – at least
- ☐ 6-8 pairs Nightwear – pyjamas etc.
- ☐ Waterproof Jacket
- ☐ Small rucksack for daily use
- ☐ Woolly hat and gloves
- ☐ Shoes – 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


# DIRECTIONS: SEALYHAM

## SEALYHAM

SA62 5NF

/// BUZZ.ALARMED.DRUMBEAT



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

### FROM THE EAST

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 and is unsuitable for coaches (shown in red).

After turning right, follow the lane for 1 mile and the entrance to the Centre is on the right. Large coaches can either reverse into the Centre, or continue down the lane to a turning area on the left and come back up to us.

# 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

### 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 ([www.thebushcraftcompany.com](http://www.thebushcraftcompany.com)).

### WHAT IS YOUR 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 centres.

### 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 site - 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.



# FAQ

## GENERAL CAMP QUESTIONS

### 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.

### 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.

### 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.

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 THE TRIP?

Sadly, due to safeguarding, we are unable to allow any parents to visit children on site.

# FAQ

## 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 trip.

## 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!

## WHAT IS YOUR DISCIPLINE POLICY ON SITE?

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 on site.

## 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.



# 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 SITE 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 12:2 members of staff.

### WILL THERE BE FEMALE MEMBERS OF STAFF ON SITE?

Yes, we always aim to have at least one female member of staff at the centre

### 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.



# FAQ

## FOOD & ACTIVITIES

### 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.

## FACILITIES

### WHAT ARE THE TOILETS LIKE?

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

### WILL THE CHILDREN SHOWER?

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



# FAQ

## MEDICAL REQUIREMENTS & SICKNESS

### 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 SITE?

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.

