

A young child is climbing a rope bridge made of wooden logs and ropes. The child is wearing a blue long-sleeved shirt, grey pants, a white helmet, and a safety harness. They are looking up and holding onto the ropes. The background is a dense green forest.

CAMP
wilderness

CUFFLEY CAMP
PARENTS PACK
3 DAY - THRILL SEEKER - CAMP



CUFFLEY CAMP

HERTFORDSHIRE, EN6 4PR

DROP OFF: 10.30-11AM - PICK UP: 2-3PM

WHAT'S IN THIS PACK?

<u>Welcome Letter</u>	3
<u>What does it look like at Cuffley</u>	4
<u>Sample Itinerary</u>	5
<u>Example Menu</u>	8
<u>Kit List</u>	9
<u>Directions</u>	10
<u>FAQ</u>	11

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.

Best wishes,
Camp Wilderness
03332 004 469
hello@campwilderness.co.uk

WHAT DOES CUFFLEY LOOK LIKE?



SAMPLE ITINERARY - 3 DAY

Below is an example of the kind of activities your child 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

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

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.

LUNCH - 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.

DINNER - Wraps, Breaded Chicken, Fajita Beef Strips, Vegetarian Bean Burger, Potato Wedges, Cous Cous, Choice of Salads & Sauces

Evening Games

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 - 3 DAY

DAY 2

BREAKFAST - Cereal Bar, Sausages, Hash Browns, Baked Beans & Bread Roll

Gladiator

A vertical climbing challenge where kids work in pairs to conquer different obstacles. Their teammates will help with belaying, ensuring they feel supported and safe under the guidance of our instructors.

Construction

Kids will work together to build structures to solve challenges. In 'Ravine,' they'll design and build a bridge to deliver supplies to teammates across a gap—building teamwork, communication, and time management.

LUNCH - Filled Baguette, Wrap or Sandwich, Crisps, Fruit & Energy Bar, Fruit Squash

Fire Lighting

Children will learn the basics of fire and the fire triangle, exploring different fire-making methods used through history. They'll put their skills to the test, safely lighting fires with their tribes.

DINNER - Pizza, Cheese, Pepperoni, Mushrooms, Peppers, Sweetcorn, Choice of Salads & Dressings

Climbing Evening

Could your child be the next climbing superstar? They'll tackle our climbing wall using balance and footwork to reach the top, then safely descend with the help of their teammates and instructors.

DAY 3

BREAKFAST - Cereal Bar, Sausages, Hash Browns, Baked Beans & Bread Roll

Problem Solving

Can your child lift a barrel over a fence without touching the electric wire—or falling into the lava? This fun team challenge builds confidence, communication, and teamwork as they work together to solve the puzzle.

LUNCH - Filled Baguette, Wrap or Sandwich, Crisps, Fruit & Energy Bar, Fruit Squash

Zipwire

Soar through the treetops on our thrilling zip wire! With the wind in their hair and the forest below, it's an unforgettable ride that's sure to leave them smiling.

Leave No Trace

Pack up camp and leave the site exactly as you found it, respecting the natural environment

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

- ☐ Additional pillow
- ☐ Pyjamas
- ☐ Whistle

WEATHER DEPENDANT

- ☐ 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
- 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 your child's name.
Sadly we can't be responsible for lost property.**

5 DAY MENU

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

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
B/FAST		Sausage, Cheese, Egg Muffins Cereal & Fruit	Multigrain bagels, bacon, cheese, beans, hashbrown. Cereal & Fruit	Big cooked breakfast, cereal, fruit	Cereal, yoghurt, fruit, campfire toast, jam
SNACK	Fruit & Biscuits	-	-	-	-
LUNCH	BBQ Klchen	Pizza	Choice of baguette, crisps, fruit, chocolate brownie	Campfire BBQ chicken with ciabatta roll	Campfire hot dogs
SNACK	Banana & Nutrigrain Bar	Campfire toffee flavoured popcorn	Cherry Flapjack	Banana & Tunnocks wafer	
DINNER	Breaded chicken wraps, potato wedges, salad	Beef bolognaise, penne pasta, garlic bread	Sweet potato & spinach curry, basmati rice, naan bread	Ponassed Salmon with chilli glaze, roasted red peppers, beans, feta	
DESSERT	S'mores	Chocolate chip Muffins	Fruit salad, yoghurt, honey	Apple & blackberry crumble, custard	

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



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

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).

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.

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 (aaiac)
- Institute for outdoor learning (iol)
- Royal society for the prevention of accidents (rospa)



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.

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.

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 which cannot be 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 Manager's number which will be provided to you before camp.

CAN PARENTS VISIT DURING CAMP?

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

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. 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.

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 double check that you have collected all your child's belongings at pick-up. Any items that are left behind will be kept on site for 2 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!

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 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 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 be in touch directly.

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?

During camp the children will be split into 'tribe' groups, these will be groups of around 10 children. Overall, we operate our camps on a ratio of 8 children to 1 member of staff.

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.



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. Please also reassure them, that if they have any problems at all surrounding toileting they can speak to any of our staff about this.

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.



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 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. 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.

