



wilderness

Towers Mountain Adventure

PARENTS PACK
5 DAY ADVANCED CAMP



THE TOWERS

THE TOWERS, BETWS-Y-COED, LL24 0DR

DROP OFF: 11:30AM - PICK UP: 2PM

To help with arrival flow, please don't arrive
before 11:30am for drop-off or 1:30pm for pick-up.

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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.

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

PHOTOS FROM THE TOWERS



SAMPLE ITINERARY - MOUNTAIN 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!

LUNCH

Gorge Scrambling

A wet and exciting team challenge navigating through a deep riverbed. Participants will scramble over rocks, wade through pools, and take on jumps and swims while working together to complete the journey. Leadership, teamwork, and resilience are key to success!

DINNER

Evening Activities

Fun and engaging team games to unwind and bond after the first action-packed day.

DAY 2

BREAKFAST

Mine Exploration

A full-day underground adventure through a historic slate mine. Participants will navigate tunnels, climb inclines, and explore hidden chambers while discovering relics from the past. Problem-solving, teamwork, and an appreciation for history will be put to the test!

LUNCH

DINNER

Evening Activities

DAY 3

BREAKFAST

Canoeing & Bushcraft

A full-day adventure on the water using open canoes to explore local lakes and rivers. Participants will learn paddling techniques, water safety, and teamwork while navigating across the water.

The journey will include a bushcraft session, where they will learn fire-building, tool use, and how to make hot chocolate and toast marshmallows over an open fire.

LUNCH

DINNER

Evening Games

DAY 4

BREAKFAST

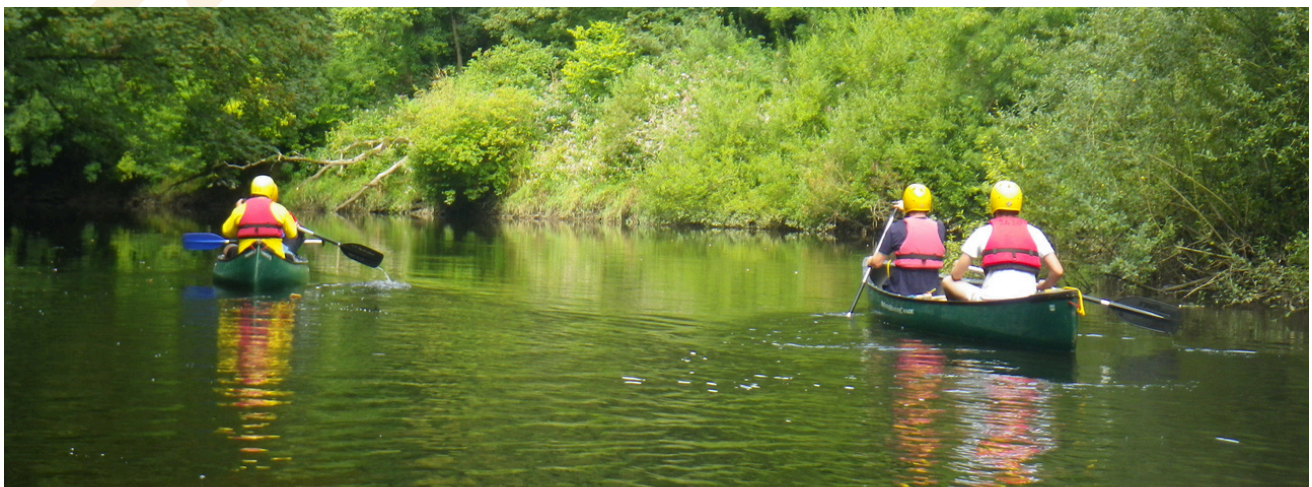
Coasteering

An exhilarating full-day challenge along the coastline, combining scrambling, swimming, and jumping into the sea. Participants will climb rocks, swim through tidal channels, and work together to navigate their way along the shore. Confidence, teamwork, and resilience will be tested!

LUNCH

DINNER

Evening Games



DAY 5

BREAKFAST

Mountain Challenge

A morning of mountain exploration in Snowdonia, tailored to suit all abilities. Participants will learn navigation skills, discover the local environment, and take in breathtaking views while working as a team to reach the summit.

Departure

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



5 DAY MENU

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
B/FAST		Cereal, Sausages, potato tots, baked beans and a bread roll	Cereal, Bacon, potato tots, baked beans and a bread roll	Cereal, Sausages, potato tots, baked beans and a bread roll	Cereal, Pancakes Fruit, chocolate drops, syrup, Yogurts
LUNCH	Bring own packed lunch	Choice of Rolls, Flapjack, Extra snack, Fresh fruit, Crisps	Choice of Rolls, Flapjack, Extra snack, Fresh fruit, Crisps	Choice of Rolls, Flapjack, Extra snack, Fresh fruit, Crisps	Choice of Rolls, Flapjack, Extra snack, Fresh fruit, Crisps
DINNER	Beef burger Or Veggie burger Burger bun, fries, salad and cheese slice	Carbonara with smoked bacon Or Tomato veg sauce Served with pasta and garlic bread	Veggie fajitas with Quorn chicken pieces Or Chicken fajitas Served with wedges and salad	Sweet & sour crispy chicken Or Sweet & sour veg with crispy vegan chicken Served with rice, vegetable spring rolls and prawn crackers	
DESSERT	Apple and blackberry crumble Fruit also available in foyer	Brownie and cream Fruit also available in foyer	Eton mess Fruit also available in foyer	Chocolate gateaux Fruit also available in foyer	

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

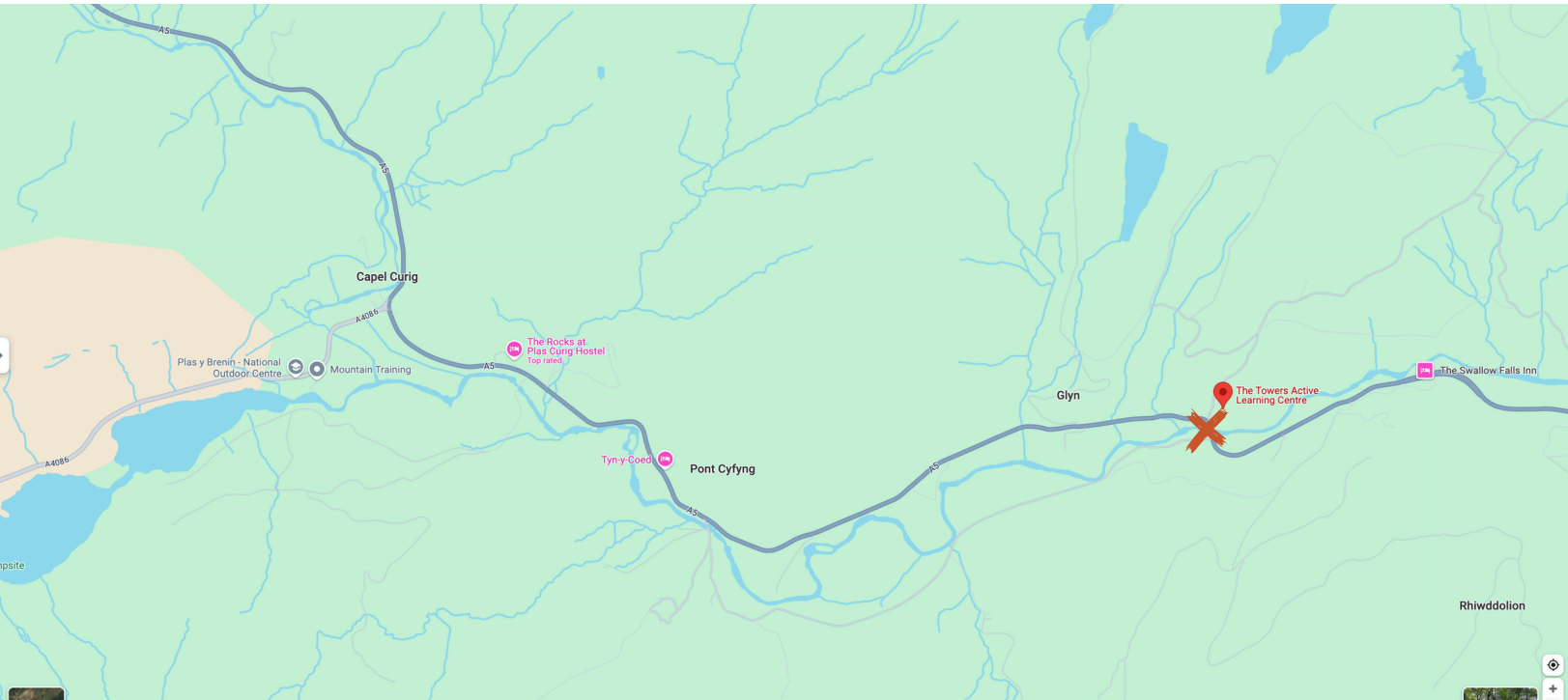
- ☐ 4 - 6 T shirts/ long sleeve tops
- ☐ 3 - 4 Jumpers/hoodies/fleeces
- ☐ 3 – 5 Joggers/ leggings/Trousers (not jeans please)
- ☐ 6 – 8 sets of underwear Socks – at least
- ☐ 6-8 pairs Nightwear – pyjamas etc.
- ☐ Waterproof Jacket
- ☐ Small rucksack for daily use
- ☐ Woolly hat and gloves
- ☐ Shoes – 1 pair of indoor shoes/ slippers and 2 pairs of outdoor trainers which can get wet and dirty
- ☐ Welly boots
- ☐ 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: THE TOWERS

THE TOWERS

LL24 0DR

/// RESOLVES.FLOPPING.CLOCKS



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

The Towers is located 2 miles from the village of Betws y Coed. From Betws Y Coed, follow the A5 towards Bangor. The road exits the village up a long hill, after the road flattens it crosses a bridge over the river. The Towers entrance is the first right after the bridge and is marked with a large grey The Towers sign.

FAQ



ABOUT CAMP WILDERNESS



GENERAL CAMP QUESTIONS



HEALTH & SAFETY



FOOD & ACTIVITIES



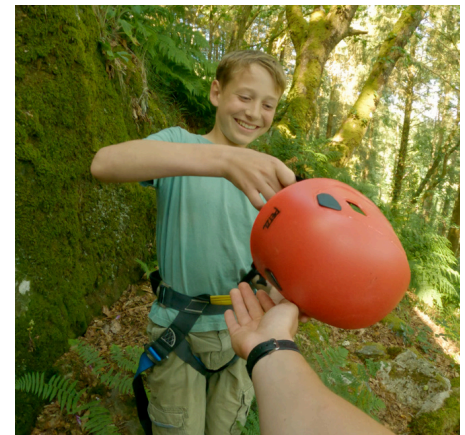
FACILITIES ON CAMP



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 and centres.

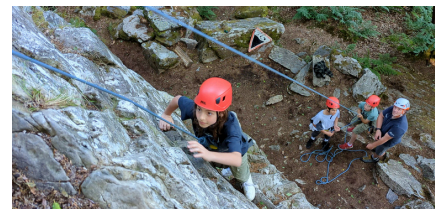
WHAT'S INCLUDED IN THE PRICE?

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

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.

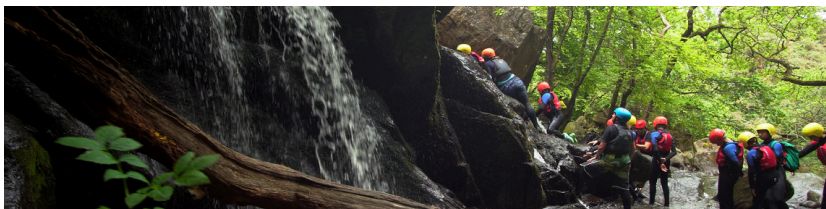
FACILITIES

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.

