CAMP WILDERNESS

ADVENTURE CAMP

Parent Pack

RE-WILD YOUR CHILD

CUFFLEY CAMP

3 DAY RESIDENTIAL

AGES - 8-12 MAY & SUMMER 27

CAMP WILDERNESS

ADVENTURE CAMP

Parent Pack

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WELCOME TO CAMP WILDERNESS!

Dear Parents,

Thank you for your interest in Camp Wilderness.

Whether you're currently exploring your options for an outdoor adventure or have already secured your child's place, we're delighted to welcome you to Camp Wilderness.

Camp Wilderness is more than just a summer camp. It's an opportunity for children to disconnect from the distractions of everyday life, reconnect with nature and discover what they're capable of.

Our camps are designed to help children build confidence, develop independence, make new friends and create lasting memories through real outdoor adventure. From lighting campfires and building shelters to learning bushcraft skills and exploring the woodland, every experience is designed to be fun, challenging and unforgettable.

We know that choosing the right camp is a big decision for families. That's why we've created this pack to give you everything you need to know about life at Camp Wilderness, from daily activities and camp life to food, accommodation, kit lists and frequently asked questions.

Inside you'll find:

- An introduction to camp life
- A sample itinerary
- Example menus
- What to pack
- Directions and arrival information
- Frequently asked questions

Our experienced and passionate team is committed to creating a safe, supportive and welcoming environment where every child can thrive. Whether they arrive feeling excited, nervous, independent or unsure, our aim is simple: to ensure every camper leaves with greater confidence, new friendships and incredible memories.

We hope this guide answers your questions and helps you start looking forward to the adventure ahead.

See you in the woods x

ADVENTURE CAMP
What is an Adventure Camp?

Set in Ancient woodland - just 15 minutes from the M25, Adventure Camp is our signature Camp Wilderness experience.

Children spend three unforgettable days immersed in nature, learning bushcraft skills, building shelters, lighting fires and tackling outdoor challenges alongside their tribe.

Perfect for children who love the outdoors, are new to camping or are looking for an adventure-filled residential experience.

What children gain from camp:

⭐ Confidence
🤝 New Friendships
🔥 Outdoor Skills
🌲 Independence
💭 Life long memories
📵 Less Screen Time

Highlights:

Fire Lighting
Shelter Building
Wilderness Skills
Team Challenges
Confidence Building
Outdoor Adventure

ADVENTURE CAMP
Life on Camp

campwilderness.co.uk @CampWildernessUK

ADVENTURE CAMP
3 Day Itinerary

This is a sample itinerary as the order and timings may vary on camp. The children will often take part in games inbetween activities, including Camouflage & Concealment!

DAY 1	DAY 2	DAY 3
Arrival, Safety Brief & Welcome	Cutting Tools & Paracord Bracelets	Trap Making
Tribe Introduction & Camp Craft	Wilderness First Aid	Bushcraft Chalenge
Shelter Building	Salmon Ponassing & Wilderness Walk	Strike Camp & Depart
Fire Lighting	Scenario SOS	
Evening Games	Evening Games	

ADVENTURE CAMP
Sample 3 Day Menu

During the residential some meals will be cooked and eaten on camp and some will be enjoyed from the Central Kitchen area. This is a sample menu 🔥

	DAY 1	DAY 2	DAY 3
B/FAST		Big Cooked B/fast, Croissants & Fruit	Sausage, Cheese, Egg Muffin. Cereal & Fruit
SNACK	Fruit & Biscuits	Flapjack	Trail Mix
LUNCH	Tomato Pasta	Chicken Curry	Chicken Fajita Wraps
SNACK	Tunnocks Wafer Bar	Popcorn	
DINNER	BBQ Kitchen	Pizza	
DESERT	S'mores & Hot Chocolate	Blueberry Muffin & Hot Chocolate	

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

ADVENTURE CAMP
Before You Arrive

To help your camper have the best possible experience, here's everything you need to know before arriving on camp.

YOUR CHECK LIST

✅ Complete camper forms
✅ Label all belongings
✅ Pack kit from checklist
✅ Leave phones at home
✅ Bring medication in original packaging
✅ Save emergency contact numbers

DROP OFF & PICK UP

Drop off
📍 Penshurst Place (TN11 8HX)
🕘 10:00am - 10:30am

Pick up
📍 Penshurst Place (TN11 8HX)
🕘 2:00pm - 2:30pm

Exact timings will be confirmed before camp.

IMPORTANT THINGS TO REMEMBER

No Tech
Camp Wilderness is all about switching off and getting outdoors.
Please leave phones, smart watches, tablets and electronic devices at home.

Expect Mud
Camp can be muddy, wet and wonderfully wild.
Pack clothes that can get dirty and don't bring expensive items.

Need help before camp
📞 03332 004469
📧 hello@campwilderness.co.uk

ADVENTURE CAMP
Packing List

ESSENTIAL

- ☐ Large rucksack (or alternative bag/suitcase)
- ☐ Small rucksack for daytime away from camp
- ☐ Warm sleeping bag (season 3)
- ☐ Roll mat
- ☐ 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

- ☐ Sleeping bag liner
- ☐ Pillow
- ☐ Pyjamas
- ☐ Whistle

WEATHER DEPENDANT

- ☐ Wellington boots
- ☐ Warm hat and gloves
- ☐ Sun cream
- ☐ Sun hat

WHAT TO LEAVE AT HOME

📱 Phones
🎮 Electronics
🍬 Sweets and snacks
💎 Valuables

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

ADVENTURE CAMP
How To Find Us

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

From the M25

Leave the M25 and follow signs towards Cuffley.

From Potters Bar

Travel north towards Cuffley via The Causeway and Northaw Road West.
Turn left onto Vineyards Road, continue onto Carbone Hill for approximately 0.5 miles and you will see the Cuffley Camp sign. Follow the signs to the arrivals area.

ADVENTURE CAMP
Peace Of Mind

WILL MY CHILD MAKE FRIENDS?
Absolutely.
Many campers attend on their own and quickly become part of their tribe. Camp activities are designed around teamwork, helping children build friendships from the moment they arrive.

WHAT IF MY CHILD FEELS NERVOUS?
Feeling nervous is completely normal.
Our experienced camp team are experts at helping children settle in, build confidence and feel part of the group. For many children, the biggest challenge is arriving. The biggest problem afterwards is not wanting to leave!

WILL I HEAR FROM YOU DURING CAMP?
We will send out a mid camp email with an update on what they have been up to!
If your child needs you, we'll contact you.
If we need to discuss anything about your child's wellbeing, you'll hear from us directly. Otherwise, no news is good news, because your child is busy having an incredible adventure!

WHAT ABOUT SAFETY?
The safety and wellbeing of every camper is our priority.

- DBS-checked staff
- First aid trained team leaders
- Experienced camp management
- Small tribe groups
- Comprehensive risk assessments

WHAT IF MY CHILD HAS A MEDICAL CONDITION?
We're experienced in supporting children with a wide range of medical conditions, allergies and dietary requirements.
Please ensure all medical information is completed before camp so we can provide the best possible support.

CAN MY CHILD COME ALONE?
Yes.
Many of our campers join independently and leave with a whole tribe of new friends!

ADVENTURE CAMP
Frequently Asked Questions

Q: MY CHILDREN WANT TO COME TOGETHER BUT ARE DIFFERENT AGES. CAN THEY BE ON THE SAME CAMP?
A: Yes, if you would like your children to be in the same 'Tribe', please add their names to the 'Tribe' buddies' section of your camper form.

Q: HOW DO I FIND MY CHILD'S LOST PROPERTY?
A: 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!

Q: WHAT IS YOUR DISCIPLINE POLICY ON CAMP?
A: 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. Camp Wilderness strives to promote positive behaviour which should be honoured by every child and member of staff at camp.

Q: WHAT IS YOUR POLICY ON MOBILE PHONES AND ELECTRONICS?
A: 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.

Q: ARE YOUR CAMP STAFF DBS CHECKED? (PREVIOUSLY CRB CHECKED)
A: Yes, every member of our staff has had an Enhanced DBS check and we have safe guarding leads on site.

ADVENTURE CAMP
Frequently Asked Questions

Q: WHAT QUALIFICATIONS/CERTIFICATIONS DO YOUR STAFF HAVE?
A: 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. All camp leaders are first aid trained, and our chefs have food hygiene certificates.

Q: HOW MANY MEMBERS OF STAFF WILL BE ON THE CAMP WITH THE CHILDREN?
A: 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.

Q: WILL THERE BE FEMALE MEMBERS OF STAFF AT CAMP?
A: Yes, we always aim to have at least one female member of staff on each camp.

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

Q: WHAT ARE THE TOILETS LIKE?
A: 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.

Q: MY CHILD HAS A MEDICAL CONDITION. WHO SHOULD I TELL?
A: 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. If your child will need to take any medication on camp, please make sure that you have completed a 'medication form' which is part of the online camper form, or downloadable from our website. If you need a copy, please let us know!

View our full FAQ on our website