



**CAMP WILDERNESS**  
**TRAILBLAZER CAMP**  
**Parent Pack**

**ADVENTURE WITHOUT LIMITS**

**CUFFLEY, EN6 4PR**  
**5 DAY RESIDENTIAL**  
**AGES - 10-15 MAY & SUMMER 27**

# CAMP WILDERNESS

# TRAILBLAZER CAMP

## Parent Pack

### WHAT'S IN THIS 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*

# TRAILBLAZER CAMP

## What is a Trailblazer Camp?

Trailblazer Camp takes outdoor adventure up a gear. Campers enjoy a varied programme of activities designed to build confidence, resilience and independence. Alongside woodland adventures, campfires and outdoor living, children take on exciting challenges, develop teamwork skills and push themselves outside their comfort zone.

It's the perfect choice for active children who enjoy variety, challenge and adventure.

### What children gain from camp:

- ★ Confidence
- 🤝 Resilience
- 👍 Independence
- 🏃 Teamwork
- 🗺️ Leadership
- 🧐 Problem-solving

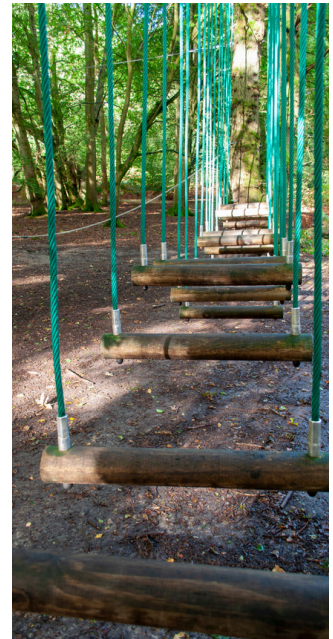
### Highlights:

- Multi-Activity Challenges
- Teamwork
- Adventure Games
- Confidence Building
- Outdoor Skills
- Campfires



# TRAILBLAZER CAMP

## Life on Camp @ Cuffley



# TRAILBLAZER CAMP

## 5 Day Itinerary

This is a sample itinerary as the order and timings may vary on camp.

| DAY 1                           | DAY 2                    | DAY 3         |
|---------------------------------|--------------------------|---------------|
| Arrival, Safety Brief & Welcome | Climbing                 | Zip Wire      |
| Night Line                      | Target Sports            | Archery Tag   |
| Gladiator                       | Camouflage & Concealment | Hiking        |
| Evening Games                   | Evening Games            | Evening Games |
| DAY 4                           | DAY 5                    |               |
| Fire Building                   | Crate Stack              |               |
| Leap of Faith                   | Strike Camp & Depart     |               |
| Postman's Walk                  |                          |               |
| Evening Games                   |                          |               |

# TRAILBLAZER CAMP

## Sample 5 Day Menu

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

|         | DAY 1                                | DAY 2                                     | DAY 3                                      | DAY 2                                           | DAY 3                                            |
|---------|--------------------------------------|-------------------------------------------|--------------------------------------------|-------------------------------------------------|--------------------------------------------------|
| B/FAST  |                                      | Sausages, Hashbrown, Beans, Cereal, Fruit | Sausage, Cheese, Egg Muffin, Cereal, Fruit | Waffles, Greek Yoghurt, Porridge. Cereal, Fruit | Sausage & Bacon rolls, Croissants, Cereal, Fruit |
| SNACK   | Fruit & Biscuits                     | Fruit & Biscuits                          | Fruit & Biscuits                           | Fruit & Biscuits                                | Fruit & Biscuits                                 |
| LUNCH   | Filled roll with a choice of filling | Chicken Skewers & Rice                    | Filled roll with a choice of filling       | Chicken Meatballs                               | Filled roll with a choice of filling             |
| SNACK   | Fruit & Biscuits                     | Cherry Flapjack, Fruit                    | Tunnocks Wafer bar, Fruit                  | Popcorn, Fruit                                  |                                                  |
| DINNER  | BBQ Burgers                          | Pizza                                     | Breaded chicken wraps                      | Beef Bolognaise                                 |                                                  |
| DESSERT | S'mores                              | Frozen Chocolate Mousse                   | Chocolate Chip Muffins                     | Chocolate Fudge Brownie                         |                                                  |

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

# TRAILBLAZER 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

- 📍 Cuffley Camp (EN6 4PR)
- 🕒 10:00am - 10:30am

Pick up

- 📍 Cuffley Camp (EN6 4PR)
- 🕒 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](mailto:hello@campwilderness.co.uk)

# TRAILBLAZER CAMP

## Packing List

We do stress that it is not necessary to go out and buy all new and expensive kit to come on our trips. If you have appropriate footwear and some warm clothes you will be fine! The Trailblazer camp is accommodated in the Eco Pods and bedding is provided.

### 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

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### WEATHER DEPENDANT

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

### OPTIONAL

- ☐ Additional pillow
- ☐ Pyjamas
- ☐ Whistle

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### 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.**

# TRAILBLAZER

## 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.



# TRAILBLAZER 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!

# TRAILBLAZER 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.

# TRAILBLAZER 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:** We have a purpose-built wash block for children with toilets and showers.

**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](#)