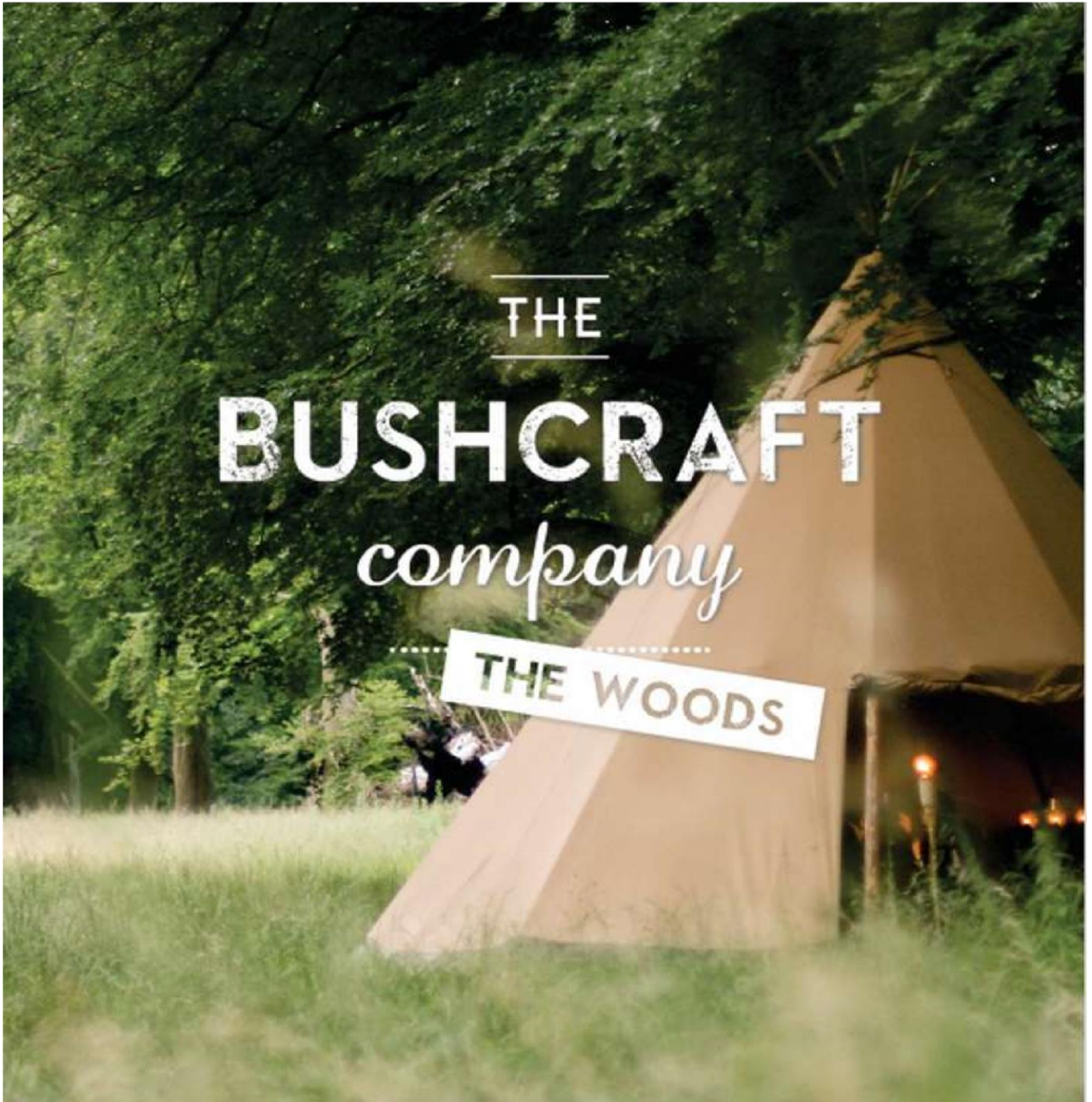


STUDENT AND PARENT PACK



ST AUGUSTINE OF CANTERBURY CATHOLIC HIGH SCHOOL 3-DAY RESIDENTIAL BUSHCRAFT ADVENTURE YEAR 7 - 15 MAY 2020

Contents:

- Your Adventure
- Sample Itinerary
- Kit List
- Frequently Asked Questions
- Other Useful Information

The Bushcraft Company

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Unit 15, Eyston Way, Abingdon, Oxfordshire, OX14 1TR

YOUR 3-DAY RESIDENTIAL ADVENTURE

The Bushcraft Company offer residential adventures with a difference, taking students into the wild and giving them a real back-to-nature experiences they will never forget. During your time on Camp, you will be living in the wild, sleeping under canvas and cooking over open fires. With a wide range of activities focussed around Bushcraft, you will develop new practical skills and learn more about our woodland environment, all in a fun and engaging manner, as the Bushcraft team take you through an unforgettable journey of self-discovery.

Location

Cholmondeley Castle (Cheshire)

Situated in Cheshire, the grounds of this 19th century castle are the perfect backdrop for a residential with The Bushcraft Company. Famed for its beauty, lakes rife with wildfowl, and spectacular mixed woodland, Cholmondeley Castle captures the very essence of what we do.

A Typical Day

Below is an idea of how the day unfolds. Please note timings may vary on delivery:

07:30 - Cooked Breakfast

08:30 - Activities, Morning Snack & Drink

12:30 - Cooked Lunch

14:00 - Activities, Afternoon Snack & Drink

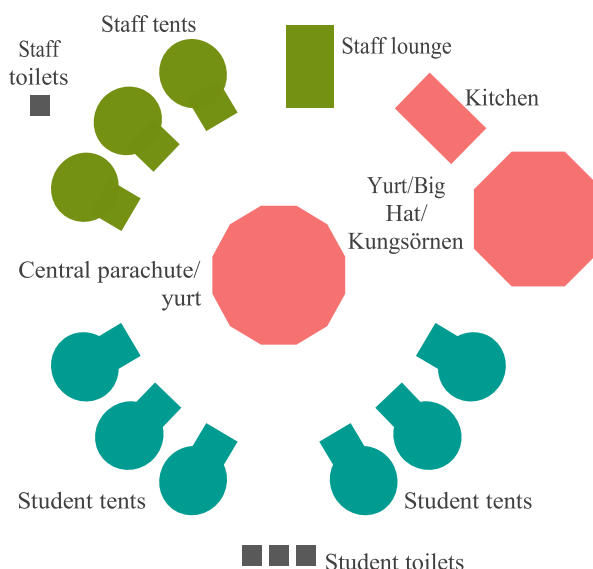
18:30 - Cooked Supper and Pudding

20:00 - Evening Activities, Hot Chocolate & Marshmallow

Bedtime - exact timing to be confirmed with school

Your Camp

This is the base for your adventure and will be exclusively for your group. On Camp you will find safari style bell tents (10-12 students per tent), a field kitchen, staff area and other large structures to keep you warm and dry.



Please note this is an artistic impression of Camp

About Your Adventure

On arrival, you will walk to camp and your main baggage will be transported for you by the Bushcraft Team. Please have a rucksack ready for your walk to camp with a water bottle and water-proofs.

You will work in **tribes** (10 and 15 students per tribe). Each tribe will work as a team through various activities, supported by a Tribe Leader, who will ensure everyone contributes to the team effort, achieving shared goals and leaving the woods with a great sense of achievement and a passion to learn more.



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YOUR SAMPLE ITINERARY

The planned activity programme may be subject to change due to weather or other extenuating circumstances

DAY ONE

Arrive

Introduction to Camp

Our instructors will discuss the key elements of Bushcraft and explain what the students can realistically achieve living in the wild.

They will then have a safety briefing and familiarise themselves to their new surroundings.

Fire Workshop

The students will learn the basic principles of fire and the fire triangle. They will be shown a variety of ways fire has been made over the years, and put this knowledge in to practice, lighting fires in tribes using these methods.

Lunch

Camp-Craft

This is a chance for the tribes to develop a tribal identity, building a comfortable and functional camp that will include a woodstore, seating area and drying rack, as well as making fun tribal flags and necklaces. **Shelter Building**

The students will learn why we need shelter when we are living outside and the types of shelter from different societies and nationalities across the ages. Tribes will build their own shelter, using natural woodland materials.

Supper

Night-time Routine

The students will settle in to their safari-style camp and around the campfire exchange stories and songs. They will be provided with hot chocolate and marshmallows to roast over the open campfire.

Students sleep in bell tents or shelters

DAY TWO

Breakfast

Camouflage and Concealment Exercise

Students will take part in a fun camouflage and concealment exercise, employing team tactics and making the most of their surroundings to camouflage themselves and evade capture. **Wilderness First Aid Workshop**

The students will learn basic skills to cope with a medical emergency in the wild, including how to construct a simple stretcher from the items you have on you, and how to improvise an effective splint.

Lunch

Scenario SOS

The students will put their new skills to the test and work in teams, using navigation to locate a simulated plane-crash scene, where they will treat the casualties and make improvised stretchers to evacuate them back to camp.

Cutting Tools Workshop

Students will learn about the different tools used in the field of Bushcraft, both primitive and modern, and reasons for their use.

They will be taught safe handling techniques and to understand how to effectively manage risk.

Supper

Night-time Stalking Games

The students will embark on a series of exciting night-time stalking exercises through the forest, challenging them to use the full range and scope of their senses and to work collaboratively in an unfamiliar setting.

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YOUR SAMPLE ITINERARY (CONTINUED)

The planned activity programme may be subject to change due to weather or other extenuating circumstances

DAY THREE

Students sleep in bell tents or shelters

Breakfast

Wild Food Workshop

The students will be taught the importance of finding food in remote areas and how this has been achieved over the ages. Our instructors will demonstrate trapping methods, before each tribe designs and builds their own trap.

Bushcraft Tournament

The teams will participate in a series of fun but challenging initiative exercises that will really put them to the test, both mentally and physically. This is a great team-building activity and demands trust and communication.

Lunch

Leave No Trace Procedures

The students will learn the importance of leaving their environment as they found it, understanding the impacts human activity can have on the natural landscape. They will be asked to strike camp and leave no trace.

Depart



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Below you can find our recommended kit list. We do stress that it is not necessary to go out and buy all new and expensive kit. As long as you have a sleeping bag and roll mat, torch, appropriate footwear and some warm clothes you will be fine, but just to be sure we have outlined the key items of kit below.

Please do also visit our online shop at www.thebushcraftcompany.com/shop

ESSENTIAL ITEMS

Large rucksack (or alternative bag/suitcase)	Footwear (at least 2 pairs e.g. walking boots/old
Small rucksack for daytimes away from camp	trainers)
Warm sleeping bag (season 3 recommended)	Wash bag including;
Roll mat	toothbrush, toothpaste and face wipes
Tracksuit/hard-wearing trousers	Towel(s)
T-Shirts	Water bottle
Warm jumpers/fleece	Good torch with fresh batteries (head torch is ideal)
Waterproofs (jacket and trousers)	Insect repellent (suitable for midges/mosquitos/ticks)
Warm socks and underwear	Alcohol hand gel

OPTIONAL ITEMS

Sleeping bag liner	Whistle
Pillow	

WEATHER DEPENDENT ITEMS

Wellington boots	Sun hat
Warm hat, gloves and scarf	Sun cream

We kindly ask you do not bring electronic devices (mobile phones), sweets or snacks to camp, particularly those containing nuts.



What is a Bushcraft camp?

Our camps are located on private estates. Each camp typically accommodates up to 60 students and is the base for each adventure. Camps are exclusive to each school, so you will not share with another group and the camp contains the student's bell tents, toilets, school staff area, large structure and field kitchen. The camp is a large circle with a yurt top or parachute at the centre, where our staff will be based at night-time and ensure a central campfire is always bright.

Are the Bushcraft instructors DBS checked?

Yes, every member of our team has to pass through our Enhanced DBS procedure and will be checked for their suitability for a role with The Bushcraft Company.

What qualifications/certifications do the Bushcraft instructors have?

All our team have a great deal of experience running camps of this nature. Our instructors receive extensive in-house training prior to working on camps and additional qualifications from national governing bodies for specialised activities, including archery and swimming. All Camp Leaders are first-aid trained, and Field Cooks have food hygiene qualifications.

How many members of staff will be on the camp with the children?

All our camps operate on a ratio of 10 children to 1 Bushcraft instructor – school staff will be in addition to this.

What happens if it rains?

All our camps have large structures called a big hat, kungsornen or yurt. These can accommodate the group where activities can take place if we have inclement weather. The majority of the time, all activities continue whatever the weather, as the extensive tree canopy often shades us and takes the worst of poor weather.

What kind of food will we eat during camp?

You will be offered three hot meals a day, along with snacks and drinks, all cooked by the Camp Cook (with some help from students). Typical meals may include spaghetti bolognese, pan-fried salmon, lamb kebabs, pizza and Bushcraft BBQ's. We can cater for a range of allergies and dietary requirements as long as we have sufficient notice. Please do ensure you make the school aware of any requirements you may have.

What are the toilets like?

Our toilets are flushing porta-style toilets, similar to those you may find at a festival. Each camp has separate boys, girls and staff toilets and are regularly cleaned by the Bushcraft team throughout your adventure.

Will there be female members of staff at camp?

Yes, there is always at least one female member of staff on camp, present at all times.

Where do we sleep?

The children sleep in single-sex groups of 10-12 students per bell tent/shelter. School and Bushcraft staff will be based on the same camp in their separate areas.

Will there be a member of staff on duty at night?

Every night, there will always be at least one male and one female member of staff on duty and they will be based at the centre of the camp. The children are informed who those staff members are, and where they will be each evening should they require any help throughout the night.

Any questions? Please speak to the Trip Leader at school

Dietary and Medical Information

The Bushcraft Company aim to cater for a wide range of dietary and medical requirements. Before Camp, The Bushcraft Company will work with the school to ensure we have all the relevant information we require. This will include dietary and medical information for all students and staff attending.

Please ensure you communicate any specifics to the school in advance of the trip as we require at least 2 weeks notice to fulfil any particular dietary and medical requirements.

If your child has very particular needs, please do discuss this with the school or The Bushcraft Company.

We kindly ask you do not bring snacks/supplies on to Camp as these will be provided. This also helps us ensure

The Countryside Code

Other resources that may be of interest

Respect other people

Please respect the local community and other people using the outdoors. Remember your actions can affect people's lives and livelihoods.

Protect the natural environment

We all have a responsibility to protect the countryside now and for future generations. Make sure you don't harm animals, birds, plants or trees and try to leave no trace of your visit.

Enjoy the outdoors and be prepared

For many, this may be the very first time camping out in the woods. We want you to enjoy the great outdoors and being aware of the countryside code and the woodlands will help with this. Please do feel free to look at some of the resources listed below for further information ahead of your adventure.

Contact details for The Bushcraft Company

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If you have any specific questions not answered in this Information Pack, please speak to the Trip Leader at school

The Countryside Code – <https://www.ordnancesurvey.co.uk/getoutside/guides/the-countryside-code/>
Information on ticks, Lyme disease and prevention - <http://stopthetick.co.uk/ticks-in-great-britain/>



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